DAVID LLOYD - BURTON WATERS - 01522 704422

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Core Ball	Scc	Studio 1	
10.00-11.00	Pilates	Otc	Studio 2	£ C
11.00-12.00	Circuits	Hec	Studio 1	
11.00-12.30	Yoga	Hol	Studio 2	
12.00-13.00	Body Pump	Scc	Studio 1	
13.00-14.00	Body Vive	Scc	Studio 2	
17.30-18.15	Keiser Cycling	Hec	Gym	
18.30-19.30	Body Balance	Hol	Studio 2	
18.30-19.30	Body Conditioning	Scc	Studio 1	
18.30-19.30	Lose & Shape Up	Otc	Studio 3	£ C
19.30-20.15	Aqua	Scc	Pool	
19.30-20.30	Pilates	Hol	Studio 2	£ C
19.30-20.30	lose & Shape Up	Otc	Studio 1	£ C
20.30-21.30	Body Pump	Scc	Studio 1	
20.30-21.15	Strides	Hec	Gym	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Body Pump	Scc	Studio 1	
09.30-10.30	Body Vive	Scc	Studio 2	
10.30-11.30	Body Balance	Hol	Studio 2	
10.30-11.00	Keiser Cycling Express	Hec	Gym	
11.00-11.30	Strides	Hec	Gym	
11.15-12.00	Aqua	Scc	Pool	
11.30-12.30	Pre & Post Natal	Otc	Studio 2	
18.00-18.30	Keiser Cycling Express	Hec	Gym	
18.30-19.30	Salsa Aerobics	Dan	Studio 1	
18.30-19.30	Body Conditioning	Scc	Studio 2	
19.30-20.30	Circuits	Hec	Studio 1	
19.30-20.30	Pilates	Hol	Studio 2	£ C
19.30-20.30	Swim Fit	Otc	Pool	
20.30-21.00	Keiser Cycling Express	Hec	Gym	
21.00-21.30	Strides	Hec	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-09.45	Aqua	Scc	Pool	
09.30-10.30	Body Combat	Hec	Studio 2	
09.30-10.30	Body Pump	Scc	Studio 1	
10.30-11.30	Body Conditioning	Scc	Studio 1	
10.30-11.30	Body Balance	Hol	Studio 2	
11.30-12.30	Pilates	Hol	Studio 2	£ C
12.15-13.00	Keiser Cycling	Hec	Gym	
13.00-14.00	Show Time	Dan	Studio 1	
17.30-18.15	Keiser Cycling	Hec	Gym	
18.30-19.15	Keiser Cycling	Hec	Gym	
18.30-19.30	Aerobics	Hec	Studio 1	
18.30-19.30	Body Vive	Scc	Studio 2	
19.30-20.30	Body Conditioning	Scc	Studio 2	
19.30-20.30	Body Combat	Hec	Studio 1	
20.30-21.30	Pilates	Hol	Studio 2	£ C

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Zumba	Dan	Studio 2	
09.30-10.30	Body Conditioning	Scc	Studio 1	
10.30-11.00	Keiser Cycling	Hec	Gym	
10.30-11.30	Lose & Shape Up	Otc	Studio 3	£ C
10.30-11.30	Hula	Otc	Studio 1	
10.30-11.30	Pilates	Hol	Studio 2	£ C
11.30-12.15	Strides	Hec	Gym	
11.30-12.30	Lose & Shape Up	Otc	Studio 1	£ C
11.30-12.30	Pilates	Hol	Studio 2	£ C
13.30-15.00	Yoga	Hol	Studio 2	
17.30-18.15	Aqua Circuits	Scc	Pool	
18.30-19.15	Keiser Cycling	Hec	Gym	
18.30-19.30	Body Combat	Hec	Studio 1	
18.30-19.30	Salsa Aerobics	dan	Studio 2	
19.30-20.30	Body Balance	Hol	Studio 2	
19.30-20.30	Body Pump	Scc	Studio 1	
19.30-20.30	Kick Boxing	Hec	Studio 3	£

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD - BURTON WATERS - 01522 704422

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Pilates	Hol	Studio 2	£ C
09.30-10.30	Aerobics	Hec	Studio 1	
09.30-10.15	Aqua	Scc	Pool	
10.30-11.30	Pilates	Hol	Studio 2	£ C
10.30-11.15	Strides	Hec	Gym	
10.30-11.30	Body Pump	Scc	Studio 1	
11.30-12.30	Circuits	Hec	Studio 1	
12.15-13.00	Keiser Cycling	Hec	Gym	
17.30-18.15	Keiser Cycling	Hec	Gym	
17.30-18.30	Body Conditioning	Scc	Studio 1	
18.30-20.00	Yoga	Hol	Studio 2	
19.30-21.00	Swim Fit	Otc	Pool	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Pilates	Hol	Studio 2	£ C
10.00-11.00	Keiser Cycling	Hec	Gym	
10.00-11.00	Body Pump	Scc	Studio 1	
11.00-12.00	Tai Chi	Hol	Studio 2	
11.00-12.00	Body Combat	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.45-09.45	Pilates	Hol	Studio 2	£ C
09.00-09.45	Keiser Cycling	Hec	Gym	
09.45-10.30	Keiser Cycling	Hec	Gym	
09.45-10.30	Body Combat	Hec	Studio 1	
10.30-11.15	Body Pump	Scc	Studio 1	
10.30-11.15	Aerobics Express	Hec	Studio 2	
11.25-12.10	Body Conditioning	Scc	Studio 1	
11.25-12.10	Body Balance	Hol	Studio 2	

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):
High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):
Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):
Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scc):
Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):
A range of classes to help you enjoy exercise anytime.

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

LIFE. Be fit for it
DAVIDLLOYD.CO.UK