DAVID LLOYD LEISURE - LINCOLN - 01522 704422

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 11:55	Circuits	Hec	Studio 1	
12:00 - 12:45	Body Pump	Scc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:15	Legs, Bums & Tums	Scc	Studio 1	
18:30 - 19:25	Body Balance	Hol	Studio 2	
20:30 - 21:15	Strides	Hec	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 09:45	Aqua	Scc	Main Pool	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:45 - 10:30	Body Conditioning	Scc	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Aerobics	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:25	Core Stability	Scc	Studio 2	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:30	Body Conditioning	Scc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Vive	Scc	Studio 2	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
11:15 - 12:00	Aqua	Scc	Pool	
17:30 - 18:30	Body Conditioning	Scc	Studio 2	
17:30 - 18:30	Salsa Aerobics	Dan	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Cycle Studio	
18:30 - 19:25	Step	Hec	Studio 1	
18:30 - 19:30	Group Exercise Welcome	Otc	Club Rm	
19:30 - 20:25	Circuits	Hec	Studio 1	
20:30 - 21:00	Group Cycling	Hec	Cycle Studio	
21:00 - 21:30	Strides	Hec	Gym	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Strides	Hec	Gym	
09:30 - 10:25	Circuits	Hec	Studio 1	
09:30 - 10:30	Zumba	Dan	Studio 2	
10:30 - 11:15	Dance With David Lloyd	Dan	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
13:30 - 15:00	Yoga	Hol	Studio 2	
18:30 - 19:15	Aqua	Scc	Pool	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:30 - 19:25	Urban Funk	Dan	Studio 2	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:25	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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:15	Strides	Hec	Gym 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:00 - 12:00	Group Exercise Welcome	Otc	Club Rm	
11:15 - 12:00	Aqua	Scc	Pool	
12:15 - 13:00	Group Cycling	Hec	Cycle Studio	
17:30 - 18:15	Body Conditioning	Scc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
17:30 - 18:15	Street Dance	Dan	Studio 3	
18:30 - 20:00	Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:45	Strides	Hec	Gym	
09:00 - 09:45	Aerobics	Hec	Studio 1	
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
09:45 - 10:30	Body Combat	Hec	Studio 1	
09:45 - 10:30	Body Conditioning	Scc	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:15	Body Pump	Scc	Studio 1	
11:25 - 12:10	Body Balance	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Combat	Hec	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
10:15 - 11:00	Group Cycling	Hec	Cycle Studio	
10:15 - 11:10	Body Pump	Scc	Studio 1	

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.

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