DAVID LLOYD - KNOWSLEY - 0151 545 4906

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.30	Group Exercise Welcome & Lose it, Shape it		Clubroom	
09.30-10.15	Body Step	Hec	Studio	
09.30-10.15	RPM	Hec	Cycle area	
10.15-11.00	Conditioning	Scc	Studio	
11.00-12.00	Hi/Low Aerobics		Studio	
17.15-17.45	Group Exercise Welcome & Lose it, Shape it		Clubroom	
17.30-18.00	Core Conditioning			
18.00-19.00	Body Attack	Hec	Studio	*
19.00-19.45	RPM	Hec	Cycle area	
19.10-20.10	Body Pump	Scc	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Group cycling	Hec	Cycle area	
09.30-10.15	Body Attack Express	Hec	Studio	
10.15-11.15	Body Pump	Scc	Studio	
11.15-12.45	Yoga	Hol	Studio	
17.30-18.00	Group Cycling	Hec	Cycle area	
18.00-18.45	Body Attack Express	Hec	Studio	*
18.45-19.30	Conditioning	Scc	Studio	
19.30-20.30	Body Balance	Hol	Studio	
19.30-20.30	Bootcamp		Outdoors	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Group Cycling	Hec	Cycle Area	
09.45-10.30	Step	Hec		
10.15-11.00	Aqua		Pool	
10.30-11.15	Conditioning	Scc	Studio	
11.15-12.15	Pilates	Hol	Studio	
17.30-18.15	Body Conditioning	Scc	Studio	*
18.15-19.00	Group Cycling	Hec	Cycle Area	*
18.15-19.15	Body Combat	Hec	Studio	
19.30-20.30	Circuits		Studio	
20.30-21.30	Yoga	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	RPM	Hec	Cycle area	
09.30-10.00	Core Conditioning		Studio	
10.15-11.15	Body Step		Studio	
11.15-12.15	Hi/Low Aerobics		Studio	
18.00-18.45	Group Cycling	Hec		*
18.00-19.00	Body Combat	Hec	Studio	
18.30-19.15	Aqua		Pool	
19.30-21.00	Tai Chi	Hol	Studio	

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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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	RPM	Hec	Cycle area	
09.30-10.15	Mother & Toddler	Otc	Pool	
10.15-11.00	Aqua	Scc	Pool	
10.15-11.15	Conditioning	Scc	Studio	
11.15-12.15	Introduction to Pilates	Hol	Studio	
17.30-18.00	Group Cycling	Hec	Cycle area	*
18.00-19.00	Body Pump	Scc	Studio	*
19.00-19.45	Body Balance Express	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.45-10.30	RPM	Hec	Cycle area	
10.30-11.15	Conditioning	Scc	Studio	*
11.15-12.15	Body Balance	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Body Step		Studio	
09.15-10.00	Group Cycling	Hec	Cycle area	
10.00-11.00	Body Pump	Scc	Studio	*
11.00-12.00	Body Combat	Hec	Studio	*

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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