DAVID LLOYD LEISURE - LIVERPOOL KNOWSLEY - 0151 545 4900

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec		
09:30 - 10:15	Step	Hec	Studio	
10:15 - 11:00	Body Conditioning	Scc	Studio	
11:00 - 11:45	Aerobics	Hec	Studio 1	
17:30 - 18:00	Core Stability	Scc	Studio 1	
18:00 - 19:00	Body Attack	Hec	Studio	
18:30 - 19:00	Group Exercise Welcome	Otc	Lounge	
19:00 - 19:45	Group Cycling	Hec	Cycle Zone	
19:10 - 20:10	Body Pump	Scc	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Zone	
09:30 - 10:15	Step	Hec	Studio 1	
10:15 - 11:00	Aqua	Scc		
10:15 - 11:00	Body Conditioning	Scc	Studio 1	
11:00 - 11:30	JUKARI Fit to Flex	Otc	Studio 1	
11:30 - 12:30	Pilates	Hol	Studio 1	
17:15 - 18:00	Body Conditioning	Scc		
18:00 - 18:30	JUKARI Fit to Flex	Otc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Zone	
18:30 - 19:30	Body Combat	Hec	Studio	
19:30 - 20:30	Circuits	Hec	Studio 1	
20:30 - 22:00	Yoga	Hol	Conf Rm	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Attack	Hec		
09:30 - 10:15	Group Cycling	Hec	Cycle Zone	
10:15 - 11:00	Body Pump Express	Scc	Studio 1	
11:15 - 12:45	Yoga	Hol	Studio	
17:30 - 18:00	Core Stability	Scc	Studio 1	
17:30 - 18:00	Group Cycling	Hec	Cycle Zone	
18:00 - 18:45	Body Attack Express	Hec	Studio 1	
18:30 - 19:00	ViPR Taster	Otc	Sq Crt 3	
19:00 - 19:30	Power Plate Taster	Otc		
19:00 - 19:30	ViPR Course	Otc	Sq Crt 3	
19:30 - 20:30	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Core Stability	Scc	Studio 1	
09:30 - 10:00	Power Plate Taster	Otc		
09:30 - 10:15	RPM	Hec	Cycle Zone	
10:15 - 11:00	Step	Hec	Studio 1	
11:00 - 11:45	Aerobics	Hec	Studio 1	
17:45 - 18:30	Body Combat Express	Hec	Studio 1	
17:45 - 18:30	Group Cycling	Hec	Cycle Zone	
18:30 - 19:15	Body Pump Express	Scc	Studio 1	
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

LIFE. Be fit for it
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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	ViPR Taster	Otc	Studio 1	
09:30 - 10:15	RPM	Hec	Cycle Zone	
10:15 - 11:00	Aqua	Scc	Ind Pool	
11:15 - 12:15	Pilates Beginners	Hol	Studio 1	
17:30 - 18:00	Group Cycling	Hec	Cycle Zone	
18:00 - 19:00	Body Pump	Scc	Studio	
19:00 - 19:45	Body Balance	Hol	Studio 1	
19:45 - 20:45	Dance Fit	Otc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Attack	Hec	Studio 1	
09:30 - 10:30	Step	Hec	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Cycle Zone	
10:30 - 11:30	Body Pump	Scc	Studio	
11:30 - 12:30	Body Combat	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 10:30	RPM	Hec	Cycle Zone	
10:30 - 11:15	Body Conditioning	Scc	Studio	
11:15 - 12:15	Pilates	Hol	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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