DAVID LLOYD LEISURE - LIVERPOOL KNOWSLEY - 0151 545 4900

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycle Zone	
09:30 - 10:15	Step	Hec	Studio	
10:15 - 11:00	Body Conditioning	Scc	Studio	
11:00 - 11:45	Aerobics	Hec	Studio	
17:30 - 18:15	Body Attack Express	Hec	Studio 1	
18:00 - 19:00	Lose & Shape Up	Otc	Gym	£
18:15 - 19:15	Body Pump	Scc	Studio	
19:00 - 19:50	Group Cycling Advanced	Otc	Cycle Zone	
19:20 - 20:20	Zumba	Dan	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Abs & Back	Scc	Studio	
09:30 - 10:15	Circuits	Hec		
09:30 - 10:15	Group Cycling	Hec	Cycle Zone	
10:15 - 11:00	Aqua	Scc	Main Pool	
11:15 - 12:15	Pilates	Hol	Studio	
17:30 - 18:00	Group Exercise Welcome	Otc	Club Rm	
17:30 - 18:15	Body Conditioning	Scc	Studio	
18:15 - 19:00	Group Cycling	Hec	Cycle Zone	
18:15 - 19:15	Body Combat	Hec	Studio	
19:15 - 20:15	Circuits	Hec	Studio	
19:30 - 20:00	Group Exercise Welcome	Otc	Club Rm	
19:30 - 20:30	Adult Swim	Otc	Main Pool	£
20:30 - 22:00	Yoga	Hol	Conf Rm	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Attack	Hec	Studio	
09:30 - 10:15	Group Cycling	Hec	Cycle Zone	
10:15 - 11:00	Body Pump Express	Scc	Studio	
11:15 - 12:45	Yoga	Hol	Studio	
11:30 - 12:30	Lose & Shape Up Course	Otc	Gym	£
17:30 - 18:00	Group Cycling	Hec	Cycle Zone	
17:30 - 18:15	Body Conditioning	Scc	Studio	
18:00 - 18:45	Family Cycle	Hec		
18:15 - 19:00	Body Attack Express	Hec	Studio 1	
18:15 - 19:15	Boot Camp	Hec	Outside	
20:00 - 21:00	Zumba	Dan	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Abs & Back	Scc	Studio	
09:30 - 10:00	Body Combat Express	Hec		
10:00 - 10:30	Circuits	Hec		
10:30 - 11:00	Core Stability	Scc		
11:00 - 11:45	Aerobics	Hec	Studio	
16:30 - 18:00	Lose & Shape Up Course	Otc	Gym	£
18:00 - 18:45	Body Combat Express	Hec	Studio	
18:45 - 19:30	Body Pump Express	Scc	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
09:30 - 10:15	RPM	Hec	Cycle Zone	
09:30 - 10:15	Zumba	Dan	Studio	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:15 - 11:00	Body Conditioning	Scc	Studio	
11:00 - 12:00	Lose & Shape Up Course	Otc	Gym	£
11:00 - 12:00	Pilates Beginners	Hol	Studio	
17:30 - 18:00	Group Cycling	Hec	Cycle Zone	
18:00 - 19:00	Adult Swim	Otc	Main Pool	£
18:00 - 19:00	Body Pump	Scc	Studio	
19:00 - 20:00	Pilates	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Step	Hec	Studio	
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	

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	

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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