DAVID LLOYD - SPEKE - 0151 494 4000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15-09:45	Step	Hec	Studio 1	
09:30-10:25	Senior Club	Otc	Gym	S
09:45-10:30	Body Pump	Scc	Studio 1	
10:30-11:25	Pilates	Hol	Studio 1	
10:30-11:25	Aqua	Scc	Pool	
11:30-12:30	Yoga	Hol	Studio 1	
17:30-18:00	Abs & Back	Scc	Studio 1	*
18:00-18:45	RPM	Hec	Gym	*
18:00-18:45	Aqua	Scc	Pool	*
18:00-18:30	Group Exercise Welcome	Otc	Club Room	*
18:00-18:55	Body Attack	Hec	Studio 1	*
19:00-19:55	Body Pump	Scc	Studio 1	
19:00-19:55	Boxing Fit	Otc	Gym	£ C
19:00-20:00	Lose & Shape Up	Otc	Conf Room	£ C
19:00-20:00	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-08:00	Multi Circuits	Hec	Studio 1	
09:30-10:25	Body Balance	Hol	Studio 1	
09:30-10:30	Keiser Cycling & Abs	Hec	Gym	
10:30-11:25	Legs, Bums & Tums	Scc	Studio 1	
10:30-11:25	Senior Club	Otc	Gym	S
11:30-12:15	Abs & Stretch	Scc	Studio 1	
18:00-18:55	Pilates	Hol	Studio 1	*
18:00-18:55	Ski Fit	Otc	Gym	*
18:00-19:00	Running Club	Otc	Reception	*
18:15-19:00	Keiser Cycling	Hec	Gym	*
19:00-19:45	Body Combat	Hec	Studio 1	
19:45-20:30	Legs, Bums & Tums	Scc	Studio 1	
20:30-21:30	Salsa Dancing	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00-07:45	Step	Hec	Studio 1	
09:30-10:25	Beginners Jogging	Otc	Reception	
09:30-10:30	Body Attack	Hec	Studio 1	
10:00-10:55	Senior Club	Otc	Gym	S
10:30-11:00	Group Exercise Welcome	Otc	Club Room	
10:30-11:25	Body Pump	Scc	Studio 1	
11:30-12:15	Aqua	Scc	Pool	
11:30-12:25	Boxing Fit	Otc	Gym	£ C
12:30-13:00	RPM Express	Hec	Gym	*
18:00-18:45	Keiser Cycling	Hec	Gym	*
18:00-18:55	Step	Hec	Studio 1	
19:00-20:00	Multi Circuits	Hec	Gym	
19:00-20:00	Lose & Shape Up	Otc	Conf Room	£ C
19:15-20:00	Legs, Bums & Tums	Scc	Studio 1	
20:00-20:55	Body Balance	Hol	Studio 1	
20:00-21:00	Adult Netball	Otc	Multi Sports	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15-07:45	RPM Express	Hec	Gym	
09:30-10:15	Senior Club	Otc	Gym	S
09:30-10:25	Step	Hec	Studio 1	
10:30-11:15	Aqua	Scc	Pool	
10:30-11:25	Legs, Bums & Tums	Scc	Studio 1	
11:45-12:40	Pilates Advanced	Hol	Studio 1	
17:15-17:45	Abs & Back	Scc	Studio 1	*
17:45-18:30	Body Combat Express	Hec	Studio 1	
17:45-18:45	Golf Fit	Otc	Gym	
18:00-18:45	Keiser Cycling Advanced	Hec	Gym	* A
18:30-19:30	Body Pump	Scc	Studio 1	*
19:30-20:15	Body Step Express	Hec	Studio 1	
20:15-21:15	Yoga	Hol	Studio 1	

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
07:00-07:45	Body Pump Express	Scc	Studio 1	
09:15-10:15	Back Care Fit	Otc	Gym	
09:30:10:15	Beginners Jogging	Otc	Reception	
09:30-10:25	Step	Hec	Studio 1	
10:30-11:15	Aqua	Scc	Pool	
10:30-11:25	Body Pump	Scc	Studio 1	
11:30-12:30	Yoga	Hol	Studio 1	
17:00-17:45	Body Pump Express	Scc	Studio 1	*
18:00-18:45	RPM	Hec	Gym	*
20:00-21:00	Yoga	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00-10:55	Step	Hec	Studio 1	*
11:00-11:45	Body Conditioning	Scc	Studio 1	*
11:00-11:55	Keiser Cycling	Hec	Gym	
17:30-18:30	Body Combat	Hec	Studio 1	
18:30-19:30	Body Balance	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00-09:00	Multi Circuits	Hec	Multi Sports	*
09:30-10:15	Body Step Express	Hec	Studio 1	*
10:15-11:10	RPM	Hec	Gym	*
10:15-11:10	Body Pump	Scc	Studio 1	*
11:15-12:15	Body Attack	Hec	Studio 1	*
12:15-13:10	Body Balance	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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