DAVID LLOYD LEISURE - LIVERPOOL SPEKE - 0151 494 4000

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 09:45	Step	Hec	Studio 1	
09:30 - 10:00	Power Plate Course	Otc	Gym	
09:45 - 10:40	Body Pump	Scc		
10:30 - 11:25	Aqua	Scc	Main Pool	
10:30 - 11:25	Pilates	Hol	Studio 1	
10:45 - 11:30	Pilates	Hol	Studio 1	
11:30 - 12:25	Yoga	Hol	Studio	
17:30 - 18:00	Abs & Back	Scc	Gym Area 1	
17:30 - 18:15	Power Plate Taster	Otc	Gym	
18:00 - 18:45	Aqua	Scc	Main Pool	
18:00 - 18:45	Group Cycling	Hec	Gym	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 18:55	Body Attack	Hec	Studio	
19:00 - 19:55	Body Pump	Scc		
20:00 - 20:30	Group Exercise Welcome	Otc	Club Rm	
20:00 - 20:55	Body Balance	Hol	Studio	
20:30 - 21:00	Lose & Shape Up Seminar	Otc		

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Multi Circuits	Hec	Gym Area 1	
09:30 - 10:15	Power Plate Taster	Otc	Gym	
09:30 - 10:25	Body Balance	Hol	Studio	
09:30 - 10:30	Group Cycling	Hec	Gym	
10:30 - 11:00	Group Exercise Welcome	Otc	Club Rm	
10:30 - 11:25	Senior Club	Otc	Gym	
11:30 - 12:00	Lose & Shape Up Seminar	Otc	Club Rm	
18:00 - 18:55	Pilates	Hol	Studio	
18:00 - 19:00	Lose & Shape Up	Otc	Conf Rm	
18:15 - 19:00	Group Cycling	Hec	Gym 1	
19:00 - 19:45	Body Combat Express	Hec		
19:15 - 20:15	Running Club	Otc	Rec	
19:45 - 20:30	Legs, Bums and Tums	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Step	Hec	Studio 1	
09:30 - 10:00	Power Plate Course	Otc	Gym	
09:30 - 10:25	Body Attack	Hec	Studio	
10:00 - 10:55	Senior Club	Otc	Gym	
10:30 - 11:25	Body Pump	Scc		
11:30 - 12:15	Aqua	Scc	Main Pool	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym 1	
18:00 - 18:55	Step	Hec	Studio	
18:00 - 19:00	Lose & Shape Up	Otc	Sports H	
18:45 - 19:15	ViPR Taster	Otc	Gym Area 2	
19:00 - 19:55	Multi Circuits	Hec	Gym Area 1	
19:15 - 20:00	Legs, Bums and Tums	Scc	Studio 1	
20:00 - 20:55	Body Balance	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Gym	
09:30 - 10:25	Step	Hec	Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:15	Aqua	Scc	Main Pool	
11:45 - 12:40	JUKARI Fit to Flex	Otc	Studio 1	
17:15 - 17:45	Abs & Back	Scc	Gym Area 1	
18:00 - 18:30	Power Plate Course	Otc	Gym	
18:00 - 18:45	Group Cycling	Hec	Gym 1	
18:00 - 18:55	Step	Hec	Studio 1	
19:00 - 19:45	ViPR Taster	Otc		
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:15 - 21:10	Yoga	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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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Main Pool	
10:30 - 11:25	Body Pump	Scc		
11:30 - 12:25	Yoga	Hol	Studio	
18:00 - 18:45	Power Plate Taster	Otc	Gym	
18:00 - 18:45	RPM	Hec	Gym Area 1	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:45	Body Pump Express	Scc	Studio 1	
20:00 - 20:55	Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Multi Circuits	Hec	Sports H	
09:30 - 10:15	Body Step	Hec	Studio 1	
09:30 - 10:15	Power Plate Taster	Otc	Gym	
10:15 - 11:00	Group Cycling	Hec	Gym	
10:15 - 11:10	Body Attack	Hec	Studio 1	
10:15 - 11:10	Body Pump	Scc		
11:15 - 12:10	Body Pump	Scc		
12:15 - 13:10	Body Balance	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Step	Hec	Studio	
10:45 - 11:30	Group Cycling	Hec	Gym	
12:00 - 12:30	Power Plate Course	Otc	Gym	
17:30 - 18:25	Body Combat	Hec	Studio 1	
18:30 - 19:25	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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