DAVID LLOYD LEISURE - LIVERPOOL SPEKE - 0151 494 4000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 09:45	Step	Hec	Studio 1	
09:45 - 10:40	Body Pump	Scc		
10:45 - 11:30	Stretch Class	Otc	Studio 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:35 - 12:30	Yoga	Hol		
17:15 - 18:00	Power Plate Taster	Otc	Gym	
17:30 - 18:00	Abs & Back	Scc	Gym Area 1	
18:00 - 18:45	Aqua	Scc	Main Pool	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:30 - 19:30	Lose & Shape Up	Otc	Gym Area 1	
19:00 - 19:55	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Group Cycling	Hec	Gym 1	
10:30 - 11:25	Senior Club	Otc	Gym	
18:00 - 18:30	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:55	Pilates	Hol	Studio	
18:15 - 19:15	Group Cycling	Hec	Gym	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Lose & Shape Up	Otc	Gym Area 2	
09:30 - 10:25	Body Pump	Scc		
10:30 - 11:15	Group Cycling	Hec	Gym 1	
10:30 - 11:30	Body Balance	Hol	Studio 1	
11:30 - 12:15	Aqua	Scc	Main Pool	
11:30 - 12:15	Zumba	Dan	Studio	
12:15 - 13:00	ViPR Taster	Otc	Gym Area 1	
17:15 - 17:45	Group Exercise Welcome	Otc	Club Rm - Part B	
18:00 - 18:45	Body Step	Hec	Studio 1	
18:30 - 19:30	Lose & Shape Up	Otc	Conf Rm	
18:45 - 19:15	Abs & Back	Scc	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Gym	
09:00 - 09:45	Power Plate Taster	Otc	Gym 2	
09:30 - 10:15	Group Cycling	Hec	Gym Area 1 - Part A	
09:30 - 10:25	Senior Club	Otc	Gym	
09:30 - 10:25	Step	Hec	Studio	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:15	Aqua Zumba	Dan	Pool	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 1	
17:30 - 18:00	Abs & Back	Scc	Gym Area 1 - Part A	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:45	ViPR Taster	Otc	Gym Area 1	
19:00 - 19:55	Body Pump	Scc		
19:00 - 19:55	Body Pump	Scc		
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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Multi Circuits	Hec	Gym Area 1	
09:15 - 10:10	Back Care Fit	Otc	Gym Area 1	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Main Pool	
10:30 - 11:25	Body Pump	Scc		
11:40 - 12:35	Yoga	Hol	Studio	
12:30 - 13:30	Ballroom & Latin Dancing	Dan	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Gym 1	
18:00 - 18:45	Zumba	Dan	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	
10:15 - 11:10	Body Attack	Hec	Studio 1	
10:15 - 11:15	Group Cycling	Hec	Gym	
11:15 - 12:10	Body Pump	Scc		
12:15 - 13:10	Body Balance	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Step	Hec	Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:15	Zumba	Dan	Studio 1	
12:30 - 13:25	Pilates	Hol	Studio 1	
18:00 - 19:00	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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