DAVID LLOYD - MAIDENHEAD - 01628 509860

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling	Hec	Keiser Area	
09.30 - 10.30	Body Pump	Scc	Studio 1	
09.45 - 10.30	Keiser Cycling	Hec	Keiser Area	
10.00 - 10.45	Aqua	Scc	Pool	
10.45 - 11.45	Aerotone	Scc	Studio 1	S
12.30 - 13.15	Keiser Cycling	Hec	Keiser Area	
12.30 - 13.30	Yoga	Hol	Studio 1	
17.45 - 18.00	Abs & Back	Scc	Gym Floor	
17.45 - 18.00	Introduction to Body Attack	Hec	Studio 1	
18.00 - 19.00	Body Attack	Hec	Studio 1	
18.00 - 18.15	Introduction to Keiser Cycling	Hec	Keiser Area	
18.15 - 19.00	Keiser Cycling	Hec	Keiser Area	
18.15 - 19.00	Ski Fit	Otc	Studio 2	
18.45 - 19.00	Introduction to Body Pump	Scc	Studio 1	
19.00 - 20.00	Body Pump	Scc	Studio 1	
19.00 - 20.00	Lose & Shape Up	Otc	Meeting Room	£
19.00 - 19.15	Introduction to RPM	Hec	Keiser Area	
19.15 - 20.00	RPM	Hec	Keiser Area	
20.00 - 21.00	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	RPM	Hec	Keiser Area	
09.30 - 10.30	Body Step	Hec	Studio 1	
09.30 - 10.30	Yoga	Hol	Studio 2	
11.00 - 11.45	Aqua	Scc	Pool	
12.30 - 13.15	Keiser Cycling	Hec	Keiser Area	
12.45 - 13.30	Pilates	Hol	Studio 1	
18.00 - 18.30	Group Exercise Welcome	Otc	Café Area	
18.00 - 18.15	Abs & Back	Scc	Gym Area	
18.15 - 19.00	Keiser Cycling	Hec	Keiser Area	
18.15 - 19.15	Body Balance	Hol	Studio 1	
18.30 - 19.15	Back Care Fit	Otc	Studio 2	
19.15 - 20.30	Yoga	Hol	Studio 2	
19.15 - 20.15	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 08.00	Body Pump	Scc	Studio 1	
09.30 - 10.30	Body Combat	Hec	Studio 1	
11.30 - 12.30	Pilates	Hol	Studio 1	
12.30 - 13.15	Keiser Cycling	Hec	Keiser Area	
12.45 - 13.30	Aqua	Scc	Pool	
12.45 - 13.45	Body Pump	Scc	Studio 1	
14.00 - 14.30	Group Exercise Welcome	Otc	Café Area	
17.45 - 18.30	Body Pump Express	Scc	Studio 1	
18.00 - 18.45	RPM	Hec	Keiser Area	
18.15 - 19.00	Swiss Ball	Scc	Studio 2	
18.30 - 18.45	Introduction to Body Combat	Hec	Studio 1	
18.45 - 19.45	Body Combat	Hec	Studio 1	
19.45 - 20.45	Street Dance	Dan	Studio 1	
20.00 - 20.45	Pilates	Hol	Studio 2	
20.45 - 21.30	Pilates Advanced	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Body Pump	Scc	Studio 1	
11.15 - 12.15	Pilates	Hol	Studio 1	
12.30 - 13.15	Keiser Cycling	Hec	Keiser Cycle	
12.30 - 13.15	Circuits	Hec	Studio 1	
13.15 - 14.00	Body Pump Express	Scc	Studio 1	
17.45 - 18.00	Introduction to Body Combat	Hec	Studio 1	
18.00 - 19.00	Body Combat	Hec	Studio 1	
19.00 - 20.00	Body Step	Hec	Studio 1	
19.00 - 20.00	Lose & Shape Up	Otc	Studio 2	£
19.15 - 20.00	Keiser Cycling	Hec	Keiser Cycle	
20.00 - 21.00	Pilates	Hol	Studio 2	

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
DAVIDLLOYD.CO.UK

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 08.00	Body Balance	Hol	Studio 2	
09.30 - 09.45	Introduction to Body Balance	Hol	Studio 2	
09.45 - 10.45	Body Balance	Hol	Studio 2	
10.45 - 11.45	Salsa Dancing	Dan	Studio 1	
12.30 - 13.15	Keiser Cycling	Hec	Keiser Cycle	
18.00 - 18.45	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.00	Body Pump	Scc	Studio 1	
15.00 - 16.00	Yoga	Hol	Studio 2	
16.00 - 17.00	Dance with David Lloyd	Dan	Studio 1	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Body Attack	Hec	Studio 1	
10.30 - 11.15	Keiser Cycling	Hec	Keiser Area	*
11.30 - 12.30	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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