DAVID LLOYD LEISURE - MAIDENHEAD - 0162 850 9860

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:00	Introduction to Group Cycling	Otc	Cycle Studio	
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Zumba	Dan	Studio 1	
10:15 - 10:30	Introduction to Group Cycling	Otc	Cycle Studio	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:45 - 11:30	Aqua	Scc	Ind Pool	
11:30 - 12:00	Group Exercise Welcome	Otc	Club Rm	
12:15 - 12:30	Introduction to Group Cycling	Otc	Cycle Studio	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
12:30 - 13:30	Yoga	Hol	Studio 2	
18:00 - 18:15	Introduction to Group Cycling	Otc	Cycle Studio	
18:00 - 18:45	Circuits	Hec	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
18:30 - 19:00	Lose & Shape Up Seminar	Otc	Conf Rm	
19:00 - 19:15	Introduction to Group Cycling	Otc	Cycle Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Conf Rm	£
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
20:00 - 21:00	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio 1	
11:30 - 12:30	Pilates	Hol	Studio 1	
12:15 - 12:30	Introduction to Group Cycling	Otc	Cycle Studio	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
12:45 - 13:45	Body Pump	Scc	Studio 1	
17:25 - 17:40	Introduction to Body Pump	Scc	Studio 1	
17:40 - 18:25	Body Pump Express	Scc	Studio 1	
17:45 - 18:00	Introduction to Group Cycling	Otc	Cycle Studio	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Circuits	Hec	Studio 2	
18:30 - 19:30	Body Combat	Hec	Studio 1	
19:00 - 20:00	Triathlon Bike/Run/Swim	Otc	Gym 1	
19:30 - 20:30	Zumba	Dan	Studio 1	
20:30 - 21:30	Pilates	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:00	Introduction to Group Cycling	Otc	Cycle Studio	
07:00 - 07:45	Zone Cycling	Hec	Spin Studio	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
09:30 - 10:30	Yoga	Hol	Studio 2	
10:30 - 11:00	Lose & Shape Up Seminar	Otc	Conf Rm	
12:30 - 13:15	Circuits	Hec	Studio 1	
12:45 - 13:30	Pilates	Hol	Studio 2	
18:00 - 18:15	Introduction to Group Cycling	Otc	Cycle Studio	
18:00 - 19:00	Zumba	Dan	Studio 1	
18:15 - 19:00	Zone Cycling	Hec	Spin Studio	
19:00 - 19:30	Group Exercise Welcome	Otc	Club Rm	
19:00 - 19:45	Aqua	Scc	Pool	
19:00 - 20:00	Body Balance	Hol	Studio 1	
19:30 - 20:30	Yoga	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 2	
12:15 - 12:30	Introduction to Group Cycling	Otc	Cycle Studio	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
12:30 - 13:30	Boxing Circuit	Otc	Studio 1	£
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 19:15	Introduction to Group Cycling	Otc	Cycle Studio	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
19:30 - 20:30	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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Balance	Hol	Studio 1	
09:30 - 10:30	Body Balance	Hol	Studio 1	
10:45 - 11:45	Salsa Dancing	Dan	Studio 1	
12:15 - 12:30	Introduction to Group Cycling	Otc	Cycle Studio	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Combat	Hec	Studio 1	
09:15 - 09:30	Introduction to Group Cycling	Otc	Cycle Studio	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
10:15 - 10:30	Introduction to Group Cycling	Otc	Cycle Studio	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
11:30 - 12:30	Body Balance	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Pump	Scc	Studio 1	
15:00 - 16:00	Yoga	Hol	Studio 2	

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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