DAVID LLOYD LEISURE - MAIDSTONE - 01622 607 600

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Conditioning	Scc	Studio 1	
10:35 - 11:30	Body Balance	Hol	Studio 1	
18:00 - 18:30	ViPR Course	Otc	Gym Area 1	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:15	Multi Circuits	Hec	Gym Area 1	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 11:00	Zumba	Dan	Studio 1	
11:00 - 11:45	Power Plate Taster	Otc	Gym Area 1	
11:00 - 12:00	Pilates	Hol	Studio 2	
12:15 - 13:00	Aqua	Scc	Main Pool	
17:45 - 18:30	Step	Hec	Studio 1	
18:30 - 19:30	Body Attack	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Pilates	Hol	Studio 2	
19:30 - 20:15	Aqua	Scc	Pool	
19:30 - 20:30	Body Pump	Scc	Studio 1	
20:00 - 21:00	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 12:00	Yoga	Hol	Studio 1	
12:00 - 12:30	Group Exercise Welcome	Otc	Lounge	
18:00 - 19:00	Body Jam	Dan	Studio 1	
18:00 - 19:00	Pilates	Hol	Studio 2	
19:00 - 19:30	Lose & Shape Up Seminar	Otc	Studio 2	
19:00 - 20:00	Body Combat	Hec	Studio 1	
19:30 - 20:30	Lose & Shape Up Course	Otc	Gym Area 1	
20:00 - 21:00	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Multi Circuits	Hec	Gym Area 2	
10:00 - 10:55	Body Conditioning	Scc	Studio 1	
11:00 - 11:45	JUKARI Fit to Flex	Otc	Studio 1	
12:15 - 13:00	Aqua	Scc	Pool	
18:00 - 18:30	Group Exercise Welcome	Otc	Lounge	
18:00 - 19:00	Legs, Bums and Tums	Scc	Studio 1	
18:35 - 19:30	Pilates	Hol	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:35 - 20:30	Yoga	Hol	Studio 2	
20:00 - 20:30	Power Plate	Otc	Gym Area 2	£
20:00 - 20:45	JUKARI Fit to Flex	Otc	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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
09:35 - 10:30	Pilates	Hol	Studio 2	
10:35 - 11:30	Body Combat	Hec	Studio 1	
11:35 - 12:30	Body Balance	Hol	Studio 1	
17:30 - 18:30	Body Jam	Dan	Studio 1	
18:00 - 18:45	ViPR Taster	Otc	Gym Area 1	
18:30 - 19:30	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Pilates	Hol	Studio 2	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:00 - 11:00	Lose & Shape Up Course	Otc	Gym Area 1	
10:30 - 11:30	Yoga	Hol	Studio 2	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:35 - 12:30	Body Balance	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:35 - 11:30	Body Jam	Dan	Studio 1	
11:35 - 12:35	Astanga Yoga	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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