DAVID LLOYD - MANCHESTER - 0161 749 2000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.55	Body Pump	Scc	Studio 1	
09.30 - 10.25	Body Pump	Scc	Studio 1	
10.15 - 11.00	Aqua	Scc	Pool	
10.30 - 11.25	Body Combat	Hec	Studio 1	
10.30 - 11.25	Body Balance	Hol	Studio 2	
11.30 - 12.00	Abs & Back	Scc	Studio 1	
12.30 - 13.00	Keiser Cycling Express	Hec	Cycling Studio	
13.30 - 14.25	Mother & Baby	Otc	Studio 2	
16.30 - 17.00	Tae Kwon Do	Hec	Studio 1	£
17.00 - 17.55	Tae Kwon Do	Hec	Studio 1	£
17.15 - 18.00	RPM	Hec	Cycling Studio	*
18.00 - 18.55	Legs, Bums & Tums	Scc	Studio 1	*
18.00 - 18.55	Boxercise	Hec	Studio 2	*
18.15 - 19.00	Keiser Cycling	Hec	Cycling Studio	*
18.30 - 20.00	Triathlon Fit	Otc	Pool/Gym	
18.45 - 19.40	Lose & Shape Up	Otc	Farnworth Suite	£/C
19.00 - 19.55	Body Pump	Scc	Studio 1	
19.00 - 19.55	Boxing Fit	Otc	Studio 2	
20.00 - 20.55	Dance Fit	Dan	Studio 1	
20.00 - 20.55	Body Balance	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15 - 07.45	RPM Express	Hec	Cycling Studio	
09.30 - 10.15	Core Stability	Scc	Studio 1	
09.45 - 10.40	Lose & Shape Up	Otc	TBA	£/C
10.30 - 11.25	Circuits	Hec	Studio 1	
10.30 - 11.25	YogaMoves	Hol	Studio 2	
11.00 - 11.30	Group Exercise Welcome	Otc	Club Room	
11.00 - 11.45	Aqua	Scc	Pool	
11.30 - 12.25	Body Pump	Scc	Studio 1	
12.30 - 13.15	Pilates	Hol	Studio 2	
18.00 - 18.30	Abs & Stretch	Scc	Studio 1	*
18.30 - 19.15	Keiser Cycling	Hec	Cycling Studio	*
18.30 - 19.25	Body Attack	Hec	Studio 1	
18.30 - 19.25	YogaMoves	Hol	Studio 2	
19.00 - 19.55	Running Club	Otc	Gym	
19.30 - 20.25	Body Pump	Scc	Studio 1	
19.30 - 20.25	Body Balance	Hol	Studio 2	
20.30 - 21.25	Hatha Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Core Stability	Scc	Studio 1	
09.30 - 10.15	Boxing Fit	Otc	Studio 1	
10.15 - 11.00	Body Sculpt	Scc	Studio 1	
10.30 - 11.15	Aerobics	Hec	Studio 2	
11.15 - 12.00	Senior Conditioning	Scc	Studio 1	S
12.30 - 13.00	Keiser Cycling Express	Hec	Cycling Studio	
17.30 - 19.00	Ashtanga Yoga	Hol	Studio 2	*
18.15 - 19.00	RPM	Hec	Cycling Studio	*
18.15 - 19.00	Step	Hec	Studio 1	*
18.30 - 19.25	Training Club	Otc	Gym	C
19.00 - 19.45	Pilates	Hol	Studio 2	
19.00 - 19.55	Body Combat	Hec	Studio 1	
19.00 - 19.55	Lose & Shape Up	Otc	Cycling Studio	
19.15 - 20.00	Aqua	Scc	Pool	
20.00 - 21.15	Yoga	Hol	Studio 2	
20.00 - 21.30	Tae Kwon Do	Hec	Studio 1	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.55	Body Pump	Scc	Studio 1	
09.30 - 10.25	Body Attack	Hec	Studio 1	
10.30 - 11.25	Body Pump	Scc	Studio 1	
11.30 - 13.00	Yoga	Hol	Studio 2	
17.30 - 18.15	Body Pump Express	Scc	Studio 1	*
18.00 - 18.55	Boxercise	Hec	Studio 2	*
18.15 - 19.00	Body Attack Express	Hec	Studio 1	*
18.15 - 19.00	RPM	Hec	Cycling Studio	*
19.00 - 19.55	Kick Boxing	Hec	Studio 2	
19.00 - 19.55	Salsa Aerobics	Dan	Studio 1	
19.15 - 19.45	Keiser Cycling Express	Hec	Cycling Studio	
20.00 - 20.45	Body Balance Express	Hol	Studio 1	
20.00 - 21.15	Iyengar Yoga	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 - 07.45	RPM	Hec	Cycling Studio	
09.30 - 10.15	Aqua	Scc	Pool	
09.30 - 10.25	Step	Hec	Studio 1	
10.30 - 11.15	Salsa Aerobics	Dan	Studio 1	
10.30 - 11.45	Hatha Yoga	Hol	Studio 2	
11.30 - 12.25	Senior Multi Circuits	Hec	Studio 1	S
12.30 - 13.15	Circuits	Hec	Studio 1	
16.30 - 17.00	Tae Kwon Do	Hec	Studio 2	£
17.00 - 17.55	Tae Kwon Do	Hec	Studio 2	£
18.00 - 18.45	Body Combat Express	Hec	Studio 1	*
18.00 - 19.30	Tae Kwon Do	Hec	Studio 2	£
18.15 - 19.00	Keiser Cycling	Hec	Cycling Studio	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 10.55	Body Pump	Scc	Studio 1	*
11.00 - 11.55	Running Fit Beginners	Otc	Gym	*
11.15 - 12.00	Aqua	Scc	Pool	*
11.15 - 12.10	Body Attack	Hec	Studio 1	*
11.15 - 12.10	Circuits	Hec	Studio 2	*
12.15 - 13.00	RPM	Hec	Cycling Studio	*
13.00 - 13.55	Ashtanga Yoga	Hol	Studio 2	
15.30 - 16.00	Group Exercise Welcome	Otc	Club Room	
16.00 - 16.45	Body Sculpt	Scc	Studio 1	
19.00 - 19.45	Ballroom and Latin Dancing	Dan	Studio 1	£/C
19.45 - 20.30	Ballroom and Latin Dancing	Dan	Studio 1	£/C

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 10.55	Boxing Fit	Otc	Studio 1	*
10.30 - 11.00	Abs & Back	Scc	Studio 2	*
11.00 - 11.45	Keiser Cycling & Abs	Hec	Cycling Studio	*
11.00 - 11.55	Body Combat	Hec	Studio 1	*
11.00 - 11.55	Pilates	Hol	Studio 2	*
12.15 - 13.00	RPM	Hec	Cycling Studio	*

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.

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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