DAVID LLOYD LEISURE - MANCHESTER - 0161 749 2000

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Pump	Scc	Studio 1	
12:30 - 13:00	Group Cycling	Hec	Spin Studio	
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	
19:00 - 19:55	Boxing Circuit	Otc	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 07:45	RPM Express	Hec	Cycling Studio	
09:30 - 10:15	Core Stability	Scc	Studio 1	
10:30 - 11:25	Multi Circuits	Hec	Studio 1	
10:30 - 11:25	YogaMoves	Hol	Studio 2	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:30 - 12:25	Body Pump	Scc	Studio 1	
12:30 - 13:00	Abs & Back	Scc	Gym	
12:30 - 13:15	Pilates	Hol	Studio 2	
17:45 - 18:30	JUKARI Fit to Flex	Otc	Studio 2	
18:00 - 18:30	Abs & Back	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:25	Astanga Yoga	Hol	Studio 2	
18:30 - 19:25	Body Attack	Hec	Studio 1	
19:00 - 19:55	Running Club	Otc	Gym	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	Body Pump	Scc	Studio 1	
20:00 - 20:30	Adult Swim	Otc		£
20:30 - 21:00	Adult Swim	Otc	Pool	£
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 Circuit	Otc	Studio 1	
10:15 - 11:00	Total Body Workout	Hec	Studio 1	
10:30 - 11:15	Aerobics	Hec	Studio 2	
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 2	
12:30 - 13:00	Group Cycling	Hec	Spin Studio	
17:30 - 19:00	Astanga Yoga	Hol	Studio 2	
18:15 - 19:00	RPM	Hec	Cycling Studio	
18:30 - 19:25	Training Clubs	Otc	Gym	
19:00 - 19:30	ViPR Taster	Otc	Spin Studio	
19:00 - 19:45	Pilates	Hol	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:15 - 20:00	Aqua	Scc	Main 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	
12:30 - 13:00	Group Cycling	Hec	Spin Studio	
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	
20:00 - 20:45	Body Balance Express	Hol	Studio 1	
20:00 - 21:15	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycling Studio	
09:30 - 10:15	Aqua	Scc	Main 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	
12:30 - 13:15	Multi Circuits	Hec	Studio 1	
16:30 - 17:00	Tae Kwon Do	Hec	Studio 2	
17:00 - 17:55	Tae Kwon Do	Hec	Studio 2	
17:30 - 18:15	Body Combat Express	Hec	Studio 1	
18:00 - 19:30	Tae Kwon Do	Hec	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Boxing Circuit	Otc	Studio 1	
10:30 - 11:00	Abs & Back	Scc	Studio 2	
11:00 - 11:45	Group Cycling	Hec	Spin 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	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Running Club	Otc	Gym	
11:15 - 12:00	Aqua	Scc	Main Pool	
11:15 - 12:10	Body Attack	Hec	Studio 1	
11:15 - 12:10	Multi Circuits	Hec	Studio 2	
12:15 - 13:00	RPM	Hec	Cycling Studio	
13:00 - 13:55	Body Balance	Hol	Studio 2	
15:30 - 16:00	Group Exercise Welcome	Otc	Club Rm	

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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