DAVID LLOYD - CHEADLE - 0161 491 7400

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015.	Aerobics Express	Hec	Studio 1.	A
0930-1015.	Aerobics	Hec	Studio 2.	
0930-1030.	Hatha Yoga	Hol	Mind & Body.	
1015-1100.	Legs, Bums & Tums	Scc	Studio 1.	
1030-1115.	Core Stability	Scc	Studio 2.	S
1030-1115.	Aqua	Scc	Pool.	S
1130-1215.	Keiser Cycling	Hec	Studio 2.	
1700-1800.	Body Pump	Scc	Studio 1.	
1815-1900.	Keiser Cycling	Hec	Studio 1.	
1830-1915.	Body Combat Express	Hec	Studio 2.	*
1900-2000.	Circuits	Hec	Studio 1.	
1915-2000.	Body Attack Express	Hec	Studio 2.	
2000-2100.	Body Pump	Scc	Studio 1.	
2000-2100.	Body Balance	Hol	Mind & Body.	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745.	Keiser Cycling	Hec	Studio 2.	
0930-1015.	Legs, Bums & Tums	Scc	Studio 2.	
0930-1030.	Step	Hec	Studio 1.	A
1000-1100.	Pre & Post Natal	Otc	Mind & Body.	
1015-1100.	Aerobics	Hec	Studio 2.	
1030-1115.	Aqua	Scc	Pool.	
1030-1130.	Body Pump	Scc	Studio 1.	
1130-1230.	Pilates	Hol	Mind & Body.	
1800-1845.	Keiser Cycling	Hec	Studio 2.	
1830-1945.	Iyengar Yoga	Hol	Mind & Body.	*
1845-1900.	Introduction to Keiser Cycling	Hec	Studio 2.	
1900-1945.	Keiser Cycling	Hec	Studio 2.	
1900-2000.	Body Combat	Hec	Studio 1.	
2000-2100.	Body Pump	Scc	Studio 1.	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800	Body Pump	Scc	Studio 1.	
0930-1030.	Body Balance	Hol	Mind & Body.	
0930-1030.	Body Pump	Scc	Studio 1.	
0930-1030.	Core Stability	Scc	Studio 2.	
1030-1130.	Body Combat	Hec	Studio 1.	
1030-1125.	Aerotone	Scc	Mind & Body.	S
1030-1115.	Aqua	Scc	Pool.	S
1030-1115.	Zumba	Dan	Studio 2.	
1130-1245.	Iyengar Yoga	Hol	Mind & Body.	
1130-1215.	Keiser Cycling	Hec	Studio 2.	
1730-1800.	Abs & Back	Scc	Studio 2.	*
1800-1900.	Body Combat	Hec	Studio 2.	
1800-1900.	Body Pump	Scc	Studio 1.	
1815-1900.	Pilates Beginners	Hol	Mind & Body.	
1900-2000.	Pilates Intermediate	Hol	Mind & Body.	
1900-1945.	Step	Hec	Studio 1.	A*
1900-1945.	Keiser Cycling	Hec	Studio 2.	
1900-2000.	Training Club	Otc	Gym	
2000-2100.	Body Balance	Hol	Mind & Body.	
2000-2100.	Keiser Cycling Advanced	Hec	Studio 2.	A

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0715-0745.	Abs & Back	Scc	Studio 1.	
0930-1015.	Keiser Cycling	Hec	Studio 2.	
0930-1015.	Core Stability	Scc	Mind & Body.	
0930-1030.	Step	Hec	Studio 1.	A
1030-1115.	Aqua	Scc	Pool.	S
1030-1130.	Body Combat	Hec	Studio 2.	
1030-1130.	Body Pump	Scc	Studio 1.	
1800-1900.	Body Combat	Hec	Studio 1.	
1815-1915.	Salsa Dancing	Dan	Studio 2.	*
1830-1930.	Running Club	Otc	Reception.	*
1900-2000.	Body Pump	Scc	Studio 1.	
2000-2045.	Keiser Cycling	Hec	Studio 2.	
2000-2100.	Body Balance	Hol	Mind & Body.	

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

DAVID LLOYD - CHEADLE - 0161 491 7400

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800.	Body Balance	Hol	Mind & Body.	
0930-1030.	Legs, Bums & Tums	Scc	Studio 1.	
0930-1030.	Body Combat	Hec	Studio 2.	
1030-1130.	Body Attack	Hec	Studio 1.	
1030-1130.	Jazzercise	Dan	Studio 2.	
1030-1130.	Iyengar Yoga	Hol	Mind & Body.	
1030-1115.	Aqua	Scc	Pool.	S
1130-1230.	Aerobics	Hec	Studio 2.	
1730-1815.	RPM	Hec	Studio 2.	*
1815-1915.	Body Pump	Scc	Studio 1.	
1930-2015.	Ballroom and Latin Dancing	Dan	Studio 1.	C£
2015-2100.	Ballroom and Latin Dancing	Dan	Studio 1.	C£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015.	Keiser Cycling	Hec	Studio 2.	
1000-1115.	Hatha Yoga	Hol	Mind & Body	
1030-1130.	Body Pump	Scc	Studio 1.	*
1030-1115.	Step	Hec	Studio 2.	*
1115-1200.	Legs, Bums & Tums	Scc	Studio 2.	*
1130-1230.	Body Combat	Hec	Studio 1.	*
1700-1800.	Family Circuits	Hec	Studio 1.	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1000.	Abs & Back	Scc	Studio 1.	*
0930-1030.	Training Club	Otc	Gym	*
1000-1100.	Circuits	Hec	Studio 1.	*
1000-1100	Salsa Dancing	Dan	Studio 2.	*
1100-1200	Body Pump	Scc	Studio 1.	*
1100-1145.	Aerobics	Hec	Studio 2.	*
1200-1300.	RPM	Hec	Studio 1.	
1200-1245.	Pilates Intermediate	Hol	Mind & Body.	*
1245-1330.	Pilates Beginners	Hol	Mind & Body.	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK