DAVID LLOYD LEISURE - MANCHESTER CHEADLE - 0161 491 7401

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Circuits	Hec	Studio 1	
09:30 - 10:15	Aerobics	Hec	Studio 1	
09:30 - 10:15	Salsa Dancing	Dan	Studio 2	
09:30 - 11:00	Hatha Yoga	Hol	Studio 3	
10:15 - 11:00	Legs, Bums and Tums	Scc	Studio 1	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:15	Core Stability	Scc	Studio 2	
11:30 - 12:15	Group Cycling	Hec	Studio 2	
17:00 - 17:55	Body Pump	Scc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Studio 1	
18:30 - 19:15	Body Combat Express	Hec	Studio 2	
19:00 - 19:45	JUKARI Fit to Flex	Otc	Studio 3	
19:00 - 19:55	Circuits	Hec	Studio 1	
19:15 - 20:00	Body Attack Express	Hec	Studio 2	
20:00 - 20:55	Body Balance	Hol	Studio 3	
20:00 - 20:55	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scc	Studio 1	
09:30 - 10:15	Core Stability	Scc	Studio 2	
09:30 - 10:25	Body Balance	Hol	Studio 3	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:30 - 10:30	Core Stability	Scc		
10:00 - 10:55	Group Exercise Welcome	Otc	Rec	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Groove FX	Dan	Studio 2	
10:30 - 11:30	Body Conditioning	Scc	Studio 3	
11:30 - 12:15	Group Cycling	Hec	Studio 2	
11:30 - 12:45	Iyengar Yoga	Hol	Studio 3	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 19:00	Pre & Post Natal	Otc	Gym	
18:15 - 19:00	Pilates Beginners	Hol	Studio 3	
19:00 - 19:45	Group Cycling	Hec	Studio 2	
19:00 - 19:45	Step	Hec	Studio 1	
19:00 - 20:00	Pilates Intermediate	Hol	Studio 3	
20:00 - 20:55	Body Balance	Hol	Studio 3	
20:00 - 21:00	Group Cycling Advanced	Otc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Studio 2	
09:30 - 10:15	Legs, Bums & Tums	Scc	Studio 3	
09:30 - 10:30	Step	Hec	Studio 1	
10:15 - 11:10	Boxercise	Hec	Studio 2	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:30	Pre & Post Natal	Otc	Studio 3	
11:30 - 12:25	Pilates	Hol	Studio 3	
18:00 - 18:45	Group Cycling	Hec	Studio 2	
18:00 - 18:55	Boxercise	Hec	Studio 1	
18:00 - 18:55	Group Exercise Welcome	Otc	Rec	
18:30 - 19:45	Iyengar Yoga	Hol	Studio 3	
19:00 - 19:45	Group Cycling	Hec	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio 1	
20:00 - 20:55	Body Pump	Scc	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Abs & Back	Scc	Studio 1	
09:30 - 10:15	Core Stability	Scc	Studio 3	
09:30 - 10:15	Group Cycling	Hec	Studio 2	
09:30 - 10:30	Body Attack	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:25	Body Combat	Hec	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:15 - 19:15	Salsa Dancing	Dan	Studio 2	
18:30 - 19:30	Running Club	Otc	Rec	
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:00 - 20:45	Group Cycling	Hec	Studio 2	
20:00 - 20:55	Body Balance	Hol	Studio 3	

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	Body Balance	Hol	Studio 3	
09:30 - 10:15	JUKARI Fit to Flex	Otc	Studio 3	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Legs, Bums and Tums	Scc	Studio 2	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:15	Jazzercise	Dan	Studio 2	
10:30 - 11:30	Step	Hec	Studio 1	
11:30 - 12:15	Aerobics	Hec	Studio 2	
11:30 - 12:45	Yoga	Hol	Studio 3	
17:00 - 17:55	Boxercise	Hec	Studio 1	
17:30 - 18:15	RPM	Hec	Studio 2	
18:15 - 19:10	Body Pump	Scc	Studio 1	
19:30 - 20:15	Ballroom & Latin Dancing	Dan	Studio 1	
20:15 - 21:00	Ballroom & Latin Dancing	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	RPM	Hec	Studio 2	
09:30 - 10:00	Abs & Back	Scc	Studio 1	
09:30 - 10:30	Training Clubs	Otc	Gym	
10:00 - 10:55	Circuits	Hec	Studio 1	
10:00 - 11:00	Salsa Dancing	Dan	Studio 2	
11:00 - 11:45	Aerobics	Hec	Studio 2	
11:00 - 11:55	Body Pump	Scc	Studio 1	
12:00 - 12:45	Pilates Intermediate	Hol	Studio 3	
12:45 - 13:30	Pilates Beginners	Hol	Studio 3	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Group Cycling	Hec	Studio 2	
10:00 - 11:15	Hatha Yoga	Hol	Studio 3	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:00 - 11:45	Legs, Bums and Tums	Scc	Studio 2	
11:30 - 12:25	Body Combat	Hec	Studio 1	
11:45 - 12:30	Step	Hec	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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