DAVID LLOYD LEISURE - MANCHESTER CHEADLE - 0161 491 7401

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aerobics	Hec	Studio 2	
09:30 - 10:15	Body Pump	Scc	Studio 1	
10:00 - 10:50	Lose & Shape Up	Otc		£
10:15 - 11:10	Legs, Bums and Tums	Scc	Studio 2	
10:30 - 11:00	Lose & Shape Up Course	Otc		
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:15	Body Combat Express	Hec	Studio 1	
10:45 - 11:30	Core Stability	Scc	Studio 3	
17:00 - 17:55	Body Pump	Scc	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Studio 1	
19:00 - 19:55	Body Combat	Hec	Studio 2	
19:00 - 19:55	Circuits	Hec	Studio 1	
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 Pump	Scc	Studio 1	
10:00 - 10:55	Group Exercise Welcome	Otc	Rec	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:20	Step	Hec	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
11:30 - 12:15	Group Cycling	Hec	Studio 2	
11:30 - 12:45	Iyengar Yoga	Hol	Studio 3	
18:00 - 18:55	Body Combat	Hec	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Pilates	Hol	Studio 3	
18:30 - 19:00	Lose & Shape Up Course	Otc		
18:30 - 19:30	Pre & Post Natal	Otc	Gym	
19:00 - 19:45	Group Cycling	Hec	Studio 2	
19:00 - 19:50	Step	Hec	Studio 1	
19:00 - 19:55	Pilates	Hol	Studio 3	
20:00 - 20:55	Body Balance	Hol	Studio 3	
20:00 - 21:30	Martial Arts	Otc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	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	
17:00 - 17:55	Group Exercise Welcome	Otc	Rec	
17:00 - 18:00	Zumba	Dan	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Studio 2	
18:00 - 18:55	Boxing Circuit	Otc	Studio 1	
18:45 - 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	
20:00 - 21:00	Triathlon Bike/Run/Swim	Otc		

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Circuits	Hec	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 Pump	Scc	Studio 1	
11:30 - 12:15	Zumba	Dan	Studio 2	
12:15 - 13:30	Yoga	Hol	Studio 3	
18:00 - 19:15	Yoga	Hol	Studio 3	
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 JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Core Stability	Scc	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 - 11:30	Zumba	Dan	Studio 1	
11:30 - 12:15	Aerobics	Hec	Studio 2	
11:30 - 12:45	Hatha Yoga	Hol	Studio 3	
17:30 - 18:15	Group Cycling	Hec	Studio 2	
18:15 - 19:10	Body Pump	Scc	Studio 1	
19:00 - 19:45	Zumba	Dan	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Studio 2	
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	
14:00 - 14:30	Lose & Shape Up Course	Otc		

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	
11:30 - 12:15	Core Stability	Scc	Studio 3	
11:30 - 12:25	Body Combat	Hec	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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