DAVID LLOYD - MILTON KEYNES - 01908 207900

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Yogalates	Hol	Studio 2	
09.35-10.20	Aerobics	Hec	Studio 1	*
09.35-10.20	Keiser Cycling	Hec	Keiser Studio	*
09.45-10.30	Aqua	Scc	Pool	*
10.00-10.30	Abs & Back	Scc	Gym	*
10.20-11.20	Pilates Intermediate	Hol	Studio 1	*
10.30-11.30	Body Vive	Scc	Studio 2	
12.00-13.00	Tai Chi	Hol	Studio 2	
13.30-14.30	Iyengar Yoga	Hol	Studio 2	
18.00-19.00	Body Vive	Scc	Studio 2	*
18.00-18.45	Body Sculpt	Scc	Studio 1	*
18.45-19.45	Pilates	Hol	Studio 1	
19.00-19.45	Keiser Cycling	Hec	Keiser Studio	
19.00-20.00	Run Fit	Otc	Studio 2	C
19.15-20.15	Lose & Shape Up	Otc	Activity Room	C, £
19.30-20.00	Abs & Back	Scc	Gym	
19.45-20.45	Body Attack	Hec	Studio 1	
20.00-20.45	Keiser Cycling	Hec	Keiser Studio	
20.00-21.00	Tai Chi	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Pilates	Hol	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Keiser Studio	*
09.35-10.35	Body Pump	Scc	Studio 1	*
10.00-11.00	Body Vive	Scc	Studio 2	*
10.25-10.55	Easyline Gym Class	Scc	Gym	*
10.35-11.20	Body Sculpt	Scc	Studio 1	*
11.30-12.15	Aqua	Scc	Pool	
17.45-18.45	Body Step	Hec	Studio 1	*
18.15-19.15	Body Jam	Dan	Studio 2	
18.30-19.15	Keiser Cycling	Hec	Keiser Studio	
18.45-19.45	Pilates	Hol	Studio 1	
19.00-20.00	Running Club	Otc	Reception	
19.15-20.00	Core Ball	Scc	Studio 2	
20.00-21.00	Lose & Shape Up	Otc	Studio 1	C,£
20.30-21.00	Abs & Back	Scc	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Keiser Studio	
09.35-10.20	Keiser Cycling	Hec	Keiser Studio	*
09.35-10.25	Step	Hec	Studio 1	*
09.45-10.30	Aqua	Scc	Pool	*
10.20-10.50	Core Ball	Scc	Studio 2	*
10.30-11.15	Legs, Bums & Tums	Scc	Studio 1	*
11.15-12.15	Body Attack	Hec	Studio 1	*
11.30-12.00	Core Stability	Scc	Activity Room	*
11.30-12.30	Lose & Shape Up	Otc	Activity Room	C,£
12.30-13.30	Group Exercise Welcome	Otc	Club Room	
13.45-14.45	Pilates	Hol	Studio 2	
17.45-18.30	Body Combat Express	Hec	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Keiser Studio	
18.30-19.30	Body Pump	Scc	Studio 1	
18.30-19.30	Back Care Fit	Otc	Studio 2	C
19.30-20.15	Aqua	Scc	Pool	
19.45-20.45	Body Balance	Hol	Studio 1	
20.00-20.45	Keiser Cycling	Hec	Keiser Studio	
20.30-21.00	Abs & Back	Scc	Gym	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Keiser Studio	
09.35-10.20	Keiser Cycling	Hec	Keiser Studio	*
09.35-10.30	Body Sculpt	Scc	Studio 1	*
10.30-11.15	Boot Camp	Hec	Gym	*
10.30-11.25	Pilates	Hol	Studio 1	*
11.30-12.00	Core Stability	Scc	Activity Room	*
13.00-13.45	Keiser Cycling	Hec	Keiser Studio	
13.45-14.45	Yoga	Hol	Studio 2	
17.45-18.45	Yoga	Hol	Studio 2	*
17.45-18.45	Body Pump	Scc	Studio 1	*
18.00-18.45	Keiser Cycling	Hec	Keiser Studio	
18.45-19.45	Body Attack	Hec	Studio 2	
19.00-20.00	Group Exercise Welcome	Otc	Club Room	
19.00-20.00	Kick Boxing	Hec	Studio 1	
19.30-20.15	Aqua	Scc	Pool	
20.30-21.00	Abs & Back	Scc	Gym	

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Yoga	Hol	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Keiser Studio	*
09.35-10.20	Body Step Express	Hec	Studio 1	*
09.45-10.30	Aqua	Scc	Pool	*
10.20-11.20	Body Balance	Hol	Studio 1	*
10.25-10.55	Core Ball	Scc	Studio 2	*
11.15-12.15	Lose & Shape Up	Otc	Studio 2	C,£
11.20-12.20	Body Pump	Scc	Studio 1	
12.00-12.30	Abs & Back	Scc	Studio 2	
17.30-18.15	Keiser Cycling	Hec	Keiser Studio	*
17.30-18.30	Yoga	Hol	Studio 2	*
17.45-18.30	Body Combat Express	Hec	Studio 1	*
18.30-19.15	Body Pump Express	Scc	Studio 1	*
19.00-19.30	Abs & Back	Scc	Gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Pilates	Hol	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Keiser Studio	
10.00-10.30	Abs & Back	Scc	Gym	
10.30-11.15	Body Sculpt	Scc	Studio 1	*
11.00-11.45	Keiser Cycling	Hec	Keiser Studio	*
11.15-12.15	Body Combat	Hec	Studio 1	*
12.15-13.15	Body Pump	Scc	Studio 1	
12.30-13.00	Core Stability	Scc	Activity Room	*
19.15-20.30	Ballroom and Latin Dancing	Dan	Studio 1	C,£
20.00-20.30	Abs & Back	Scc	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-09.30	Body Balance	Hol	Studio 2	
09.00-10.00	Keiser Cycling	Hec	Keiser Studio	*
09.30-10.00	Abs & Back	Scc	Gym	*
09.35-10.30	Body Step	Hec	Studio 1	*
10.00-10.45	Keiser Cycling	Hec	Keiser Studio	*
10.30-11.25	Legs, Bums & Tums	Scc	Studio 1	*
11.30-12.30	Body Jam	Dan	Studio 1	*
20.00-20.30	Abs & Back	Scc	Gym	

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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