DAVID LLOYD LEISURE - MILTON KEYNES - 0190 820 7901

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Aerobics	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
10:00 - 10:30	Abs & Back	Scc	Gym Area 2	
10:20 - 11:20	Pilates	Hol	Studio 1	
10:45 - 11:30	ViPR Taster	Otc		
18:00 - 18:45	ViPR Taster	Otc		
19:15 - 20:15	Lose & Shape Up	Otc		£
19:30 - 20:00	Abs & Back	Scc	Gym Area 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:25	Step	Hec	Studio 1	
09:45 - 10:30	Aqua	Scc	Main Pool	
10:20 - 10:50	Core Stability	Scc	Studio 2	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:45	Power Plate Taster	Otc	Gym	
11:15 - 12:10	Body Attack	Hec	Studio 1	
11:30 - 12:00	JUKARI Fit to Flex	Otc	Studio 2	
12:30 - 13:30	Group Exercise Welcome	Otc	Rec	
13:45 - 14:45	Pilates	Hol	Studio 2	
17:45 - 18:30	Body Combat Express	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Cycle Studio	
18:30 - 19:45	Body Pump	Scc	Studio 1	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:30	Zumba	Dan	Studio 2	
19:45 - 20:40	Body Balance	Hol	Studio 1	
20:00 - 20:45	Group Cycling	Hec	Spin Cycle Studio	
20:00 - 20:45	Power Plate Taster	Otc		
20:30 - 21:00	Abs & Back	Scc	Gym Area 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Pilates	Hol	Studio 2	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:55	Body Vive	Scc	Studio 2	
10:25 - 10:55	Easyline Gym Class	Otc		
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 12:00	Lose & Shape Up	Otc		£
11:30 - 12:15	Aqua	Scc	Main Pool	
17:45 - 18:40	Body Step	Hec	Studio 1	
18:15 - 19:10	Body Jam	Dan	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Spin Cycle Studio	
18:45 - 19:45	Pilates	Hol	Studio 1	
19:00 - 20:00	Running Club	Otc	Rec	
19:15 - 20:00	Core Stability	Scc	Studio 2	
20:30 - 21:00	Abs & Back	Scc	Gym Area 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Keiser Studio	
09:35 - 10:20	Group Cycling	Hec	Keiser Studio	
09:35 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:00	Core Stability	Scc	Mind & Body Studio	
10:30 - 11:15	Boot Camp	Hec		
10:30 - 11:30	Pilates	Hol	Studio 1	
13:00 - 13:45	Group Cycling	Hec	Keiser Studio	
13:45 - 14:40	Yoga	Hol	Studio 2	
17:45 - 18:30	JUKARI Fit to Flex	Otc	Studio 2	
17:45 - 18:40	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Keiser Studio	
18:45 - 19:40	Body Attack	Hec	Studio 2	
19:00 - 19:45	ViPR Taster	Otc		
19:00 - 19:55	Kick Boxing	Hec	Studio 1	
19:00 - 20:00	Group Exercise Welcome	Otc	Rec	
19:30 - 20:15	Aqua	Scc	Main Pool	
20:00 - 21:00	Yoga	Hol	Studio 2	
20:30 - 21:00	Abs & Back	Scc	Gym Area 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 - 07:55	Yoga	Hol	Studio 2	
09:35 - 10:20	Body Step	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:45 - 10:30	Aqua	Scc	Main Pool	
10:20 - 11:15	Body Balance	Hol	Studio 1	
10:25 - 10:55	Core Stability	Scc	Studio 2	
11:20 - 12:15	Body Pump	Scc	Studio 1	
12:00 - 12:30	Abs & Back	Scc	Gym Area 2	
17:30 - 18:15	Group Cycling	Hec	Spin Cycle Studio	
17:45 - 18:30	Body Combat Express	Hec	Studio 1	
17:45 - 18:45	Yoga	Hol	Studio 2	
18:30 - 19:15	Body Pump Express	Scc	Studio 1	
19:00 - 19:30	Abs & Back	Scc	Gym Area 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Body Balance	Hol	Studio 2	
09:00 - 09:45	Group Cycling	Hec	Spin Cycle Studio	
09:30 - 10:00	Abs & Back	Scc	Gym Area 2	
09:35 - 10:30	Body Step	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Spin Cycle Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:25	Body Jam	Dan	Studio 1	
20:00 - 20:30	Abs & Back	Scc	Gym Area 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Spin Cycle Studio	
10:00 - 10:30	Abs & Back	Scc	Gym Area 2	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Spin Cycle Studio	
11:15 - 12:10	Body Combat	Hec	Studio 1	
12:15 - 13:30	Body Pump	Scc	Studio 1	
20:00 - 20:30	Abs & Back	Scc	Gym Area 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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