DAVID LLOYD - NEWCASTLE - 0191 284 1275

EXERCISE CLASS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling Express	Hec	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Studio 2	
09.35-10.30	Aerobics	Hec	Studio 1	
10.00-11.00	Power Plate	Scc	Gym	
10.30-11.25	Body Pump	Scc	Studio 1	
12.00-13.30	Hatha Yoga	Hol	Studio 2	
13.30-14.30	Pre & Post Natal	Otc	Studio 1	
17.30-18.30	Legs, Bums & Tums	Scc	Studio 1	
18.00-19.30	Iyengar Yoga	Hol	Studio 2	
18.15-19.00	Aqua	Scc	Pool	
18.30-19.30	Step	Hec	Studio 1	
19.30-20.30	Training Club	Otc	Gym	
19.30-20.30	Body Pump	Scc	Studio 1	
20.30-21.15	Keiser Cycling	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling Express	Hec	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Studio 2	
09.35-10.30	Body Conditioning	Scc	Studio 1	
10.30-11.25	Cardio Conditioning	Hec	Studio 1	
10.30-11.25	Pilates Beginners	Hol	Studio 2	
11.00-12.00	Training Club	Otc	Gym	
11.30-12.30	Pilates Advanced	Hol	Studio 2	
12.30.13.30	Body Balance	Hol	Studio 2	
17.30-18.00	Abs & Back	Scc	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Studio 2	
18.00-19.00	Body Pump	Scc	Studio 1	
18.15-19.00	Aqua	Scc	Pool	
19.00-20.00	Body Combat	Hec	Studio 1	
19.00-20.00	Multi Circuits	Hec	Studio 2	
20.00-21.00	Body Balance	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.30-07.45	Body Pump Express	Scc	Sudio 1	
09.35-10.20	Aqua	Scc	Pool	
09.35-10.30	Body Combat	Hec	Sudio 1	
09.35-10.30	Iyengar Yoga Beginners	Hol	Studio 2	
10.30-11.25	Legs, Bums & Tums	Scc	Sudio 1	
10.30-11.25	Body Balance	Hol	Studio 2	
12.00-13.30	Iyengar Yoga	Hol	Studio 2	
17.30-18.00	Abs & Back	Scc	Sudio 1	
18.00-19.00	Multi Circuits	Hec	Sudio 1	
18.00-19.00	Power Plate	Scc	Gym	
19.00-19.45	Keiser Cycling	Hec	Studio 2	
19.00-20.00	Body Attack	Hec	Sudio 1	
20.00-21.00	Urban Funk	Dan	Sudio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scc	Studio 1	
09.35-10.30	Body Pump	Scc	Studio 1	
09.35-10.30	Body Conditioning	Scc	Studio 2	
10.30-1125	Weight Loss Course	Otc	Gym	
10.30-11.25	Body Combat	Hec	Studio 1	
10.30-11.25	Functional Conditioning	Scc	Studio 2	
10.40-11.25	Aqua	Scc	Pool	
17.30-18.00	Abs & Back	Scc	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Studio 2	
18.00-19.00	Body Combat	Hec	Studio 1	
19.00-20.00	Body Pump	Scc	Studio 1	
19.00-20.00	Pilates	Hol	Studio 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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling Express	Hec	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Studio 2	
09.35-10.30	Step	Hec	Studio 1	
10.30-11.25	Body Attack	Hec	Studio 1	
10.30-11.25	Jazzercise	Dan	Studio 2	
12.00-13.30	Iyengar Yoga	Hol	Studio 2	
13.00-14.00	Pre & Post Natal	Otc	Studio 1	
14.00-15.00	Pre & Post Natal	Otc	Studio 1	
17.30-18.00	Abs & Back	Scc	Studio 2	
18.00-19.00	Body Balance	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.15	Step	Hec	Studio 1	
10.15-11.15	Body Combat	Hec	Studio 1	
10.30-11.15	Family Cycle	Hec	Studio 2	
11.00-12.00	Weight Loss Course	Otc	Gym	
11.15-12.15	Body Balance	Hol	Studio 2	
17.00-18.00	Body Pump	Scc	Studio 1	
18.00-19.00	Aerobics	Hec	Studio 1	
19.00-20.00	Pilates	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.15-09.00	Keiser Cycling	Hec	Studio 2	
09.35-10.30	Body Pump	Scc	Studio 1	
10.30-11.25	Body Attack	Hec	Studio 1	
10.40-11.25	Keiser Cycling	Hec	Studio 2	
16.00-17.00	Tae Kwon Do	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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