DAVID LLOYD - NEWCASTLE - 0191 284 1275

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

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	*
10.00-10.45	Adult Swim	Otc	Pool	£ *
10.30-11.25	Body Conditioning	Scc	Studio 2	S *
10.35-11.30	Body Pump	Scc	Studio 1	*
11.35- 12.30	Body Balance	Hol	Studio 1	S
12.00-13.30	Hatha Yoga	Hol	Studio 2	S
13.30-14.30	Mother & Baby	Otc	Studio 1	
17.30-18.25	Legs, Bums & Tums	Scc	Studio 1	
18.00- 19.00	Lose & Shape Up	Otc	DL Kids Studio	£
18.00-19.25	Iyengar Yoga	Hol	Studio 2	S
18.15-19.00	Aqua	Scc	Pool	S
18.30-19.25	Step	Hec	Studio 1	
19.00- 20.00	Master Swim	Otc	Pool	
19.30-20.25	Body Pump	Scc	Studio 1	
19.30-20.30	Training Club	Otc	Gym	
20.30-21.15	Keiser Cycling	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	Studio 2	
09.35-10.20	Keiser Cycling	Hec	Studio 2	*
09.35-10.30	Total Body Workout	Hec	Studio 1	S *
10.00-10.30	Group Exercise Welcome	Otc	Clubroom	*
10.30-11.25	Pilates	Hol	Studio 2	S *
10.35-11.30	Cardio Conditioning	Hec	Studio 1	*
11.00-12.00	Training Club	Otc	Gym	
11.30-12.30	Pilates Foundation	Hol	Studio 2	S
17.30-17.55	Abs & Back	Scc	Studio 2	
18.00-18.45	Keiser Cycling	Hec	Studio 2	
18.00-18.55	Body Pump	Scc	Studio 1	
18.15-19.00	Aqua	Scc	Pool	S
19.00-20.00	Hour of Power	Hec	Studio 1	
19.00-19.55	Body Balance	Hol	Studio 2	S
20.00-21.00	Boxercise	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scc	Studio 1	
09.35-10.20	Aqua	Scc	Pool	S *
09.35-10.30	Body Combat	Hec	Studio 1	*
09.35-10.30	Iyengar Yoga Beginners	Hol	Studio 2	S *
10.35-11.30	Legs, Bums & Tums	Scc	Studio 1	S *
10.35-11.30	Body Balance	Hol	Studio 2	S *
12.00-13.30	Iyengar Yoga	Hol	Studio 2	
17.30-17.55	Body Conditioning	Scc	Studio 1	
18.00-18.30	Group Exercise Welcome	Otc	Clubroom	
18.00-18.55	Circuits	Hec	Studio 1	
18.00-19.00	Lose & Shape Up	Otc	Studio 2	£
19.00-19.45	Keiser Cycling	Hec	Studio 2	
19.00-19.55	Body Attack	Hec	Studio 1	
20.00-20.55	Street Dance	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scc	Studio 1	
09.35-10.30	Body Combat	Hec	Studio 1	*
09.35-10.30	Body Vive	Scc	Studio 2	S *
10.35-11.30	Body Pump	Scc	Studio 1	*
10.35-11.30	Body Attack	Hec	Studio 2	*
10.40-11.25	Aqua	Scc	Pool	S *
11.35-12.30	Tri Class	Hec	Studio 1	
13.00-13.45	Aqua Circuits	Scc	Pool	
17.30-17.55	Body Conditioning	Scc	Studio 1	
17.45-18.55	RPM	Hec	Studio 2	A
18.00-18.55	Body Combat	Hec	Studio 1	
19.00-19.55	Body Pump	Scc	Studio 1	
19.00-19.55	Pilates	Hol	Studio 2	
20.00-20.55	Circuits	Hec	Studio 1	
20.00-20.55	Zumba	Dan	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
07.00-07.45	Keiser Cycling	Hec	Studio 2	
09.35-10.20	Aqua	Scc	Pool	S *
09.35-10.20	Keiser Cycling	Hec	Studio 2	*
09.35-10.30	Step	Hec	Studio 1	A *
10.30-11.25	Body Balance	Hol	Studio 2	S *
10.35-11.30	Jazzercise	Dan	Studio 1	*
12.00-13.30	Iyengar Yoga	Hol	Studio 2	
13.00-14.00	Pre & Post Natal	Otc	Studio 1	
13.30-14.30	Mature Movers	Scc	Studio 2	S
14.00-15.00	Mother & Baby	Otc	Studio 1	
17.00-17.25	Body Attack Express	Hec	Studio 2	*
17.30-17.55	Abs & Back	Scc	Studio 2	*
18.00-18.55	Body Balance	Hol	Studio 2	S *
19.00-21.00	Tae Kwon Do	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.10	Step	Hec	Studio 1	A
10.15-11.10	Body Combat	Hec	Studio 1	*
11.15- 12.10	Body Balance	Hol	Studio 2	S
17.00-17.55	Body Pump	Scc	Studio 1	*
18.00-19.00	Boxercise	Hec	Studio 1	
19.00-20.00	Pilates	Hol	Studio 2	S

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.15-09.00	Keiser Cycling	Hec	Studio 2	
09.35-10.30	Body Pump	Scc	Studio 1	*
10.35-11.30	Body Attack	Hec	Studio 1	*
10.40-11.25	Keiser Cycling	Hec	Studio 2	*
11.00-12.00	Training Club	Otc	Gym	
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.

KEY

£ Additional fee for this class
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