DAVID LLOYD LEISURE - NEWCASTLE - 0191 284 1275

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Body Balance	Hol	Studio 2	
17:30 - 18:25	Legs, Bums & Tums	Scc	Studio 1	
18:00 - 19:30	Astanga Yoga	Hol	Studio 2	
19:00 - 20:00	Adult Swim	Otc	Main Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
09:35 - 10:20	Aqua	Scc	Main Pool	
09:35 - 10:30	Body Combat	Hec	Studio 1	
09:35 - 10:30	Yoga	Hol	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Legs, Bums & Tums	Scc	Studio 1	
12:00 - 13:30	Iyengar Yoga	Hol	Studio 2	
18:00 - 18:45	JUKARI Fit to Flex	Otc	Studio 2	
18:00 - 18:55	Circuits	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Studio 2	
19:00 - 19:55	Body Attack	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Studio 2	
09:30 - 10:30	Stretch & Tone	Scc	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Studio 2	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:25	Pilates	Hol	Studio 2	
11:30 - 12:25	Pilates Beginners	Hol	Studio 2	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:30 - 19:15	Aqua	Scc	Main Pool	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Hour of Power	Hec	Studio 1	
20:30 - 21:25	Astanga Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Body Pump	Scc	Studio 1	
09:35 - 10:30	Body Combat	Hec	Studio 1	
09:35 - 10:30	Body Conditioning	Scc	Studio 2	
10:30 - 11:25	Body Attack	Hec	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:40 - 11:25	Aqua	Scc	Main Pool	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio 2	
17:30 - 18:00	Body Attack Express	Hec	Studio 1	
18:00 - 18:45	RPM	Hec	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:15 - 20:10	Pilates	Hol	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 1	

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 - 07:45	Group Cycling	Hec	Studio 2	
09:35 - 10:20	Group Cycling	Hec	Studio 2	
09:35 - 10:30	Step	Hec	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Zumba	Dan	Studio 1	
12:00 - 13:00	Iyengar Yoga	Hol	Studio 2	
12:00 - 13:00	Stretch & Tone	Scc	Studio 1	
13:00 - 13:55	Pre & Post Natal	Otc	Studio 1	
14:00 - 15:00	Mother & Baby	Otc	Studio 1	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 18:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Astanga Yoga	Hol	Studio 2	
19:00 - 21:00	Tae Kwon Do	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:15 - 09:00	Group 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	Group Cycling	Hec	Studio 2	
16:00 - 16:55	Tae Kwon Do	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:10	Step	Hec	Studio 1	
10:15 - 11:10	Body Combat	Hec	Studio 1	
11:15 - 12:10	Body Balance	Hol	Studio 2	
17:00 - 17:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	Pilates	Hol	Studio 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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