DAVID LLOYD - WEST BRIDGFORD - 0115 9825555

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Legs, Bums & Tums	Scc	Studio 2	
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	
09.30-10.30	Body Attack	Hec	Studio 1	
10.30-11.25	Body Pump	Scc	Studio 1	
10.45-11.30	Aqua	Scc	Pool	
11.35-12.30	Yoga	Hol	Studio 1	
13.00-13.55	Tai Chi	Hol	Studio 1	
17.30-18.15	Body Attack	Hec	Studio 1	
17.45-18.30	Legs, Bums & Tums	Scc	Studio 2	
18.00-20.00	Lose & Shape Up	Otc	Reception	
18.15-19.15	Body Pump	Scc	Studio 1	
18.30-19.15	Swiss Ball	Scc	Studio 2	
18.30-19.15	Keiser Cycling	Hec	Cycle Studio	
19.15-20.10	Row Fit	Otc	Gym Floor	
19.30-20.15	Boxing Fit	Otc	Studio 2	
19.30-20.25	Pilates	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	
09.30-10.25	Body Pump	Scc	Studio 1	
10.00-10.45	Aqua	Scc	Pool	
10.30-11.15	Step	Hec	Studio 2	
10.30-11.15	Conditioning	Scc	Studio 1	
11.30-12.00	Keiser Cycling	Hec	Cycle Studio	
13.00-13.55	Yoga	Hol	Studio 1	
17.00-17.30	Group Exercise Welcome	Otc	Reception	
17.00-17.45	Family Circuits	Hec	Studio 1	
17.30-18.00	Keiser Cycling Express	Hec	Cycle Studio	
18.00-18.55	Row Fit	Otc	Gym floor	
18.00-18.55	Body Attack	Hec	Studio 1	
18.15-19.00	Keiser Cycling	Hec	Cycle Studio	
18.30-19.25	Yoga	Hol	Studio 2	
19.00-19.15	Introduction to Keiser Cycling	Hec	Cycle Studio	
19.00-19.45	Aqua	Scc	Pool	
19.00-19.55	Body Pump	Scc	Studio 1	
19.30-20.25	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Cycle Studio	
09.30-10.15	Conditioning	Scc	Studio 1	
10.15-11.00	Kick Boxing	Hec	Studio 2	
10.15-11.00	Aqua	Scc	Pool	
10.30-11.25	Body Combat	Hec	Studio 1	
10.30-11.30	Mother & Baby	Otc	Studio 2	
10.30-12.30	Lose & Shape Up	Otc	Reception	
11.15-12.00	Keiser Cycling	Hec	Cycle Studio	
11.30-12.25	Pilates	Hol	Studio 1	
13.00-15.00	Walk Fit	Otc	Reception	
17.30-18.15	Body Pump Express	Scc	Studio 1	
18.00-19.00	Body Jam	Dan	Studio 2	
18.15-19.00	Step	Hec	Studio 1	
18.30-19.15	Keiser Cycling	Hec	Cycle Studio	
19.00-19.45	Conditioning	Scc	Studio 1	
19.45-20.40	Tai Chi	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Cycle Studio	
09.30-10.15	Conditioning	Scc	Studio 2	
09.30-10.25	Body Attack	Hec	Studio 1	
09.45-10.30	Keiser Cycling	Hec	Cycle Studio	
10.15-11.00	Aqua	Scc		
10.30-11.00	Group Exercise Welcome	Otc	Reception	
10.30-11.25	Body Pump	Scc	Studio 1	
10.30-11.25	Mother & Baby	Otc	Studio 2	
11.00-11.15	Introduction to Keiser Cycling	Hec	Cycle Studio	
11.30-12.25	Pilates	Hol	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Cycle Studio	
18.30-19.25	Boot Camp	Hec	Outdoor court	
18.30-20.00	Tri Class	Hec	Pool/Gym	
19.00-19.45	Legs, Bums & Tums	Scc	Studio 2	
19.00-19.55	Yoga	Hol	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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	
09.30-10.15	Swiss Ball	Scc	Studio 2	
09.30-10.25	Body Pump	Scc	Studio 1	
10.15-11.00	Aqua	Scc	Pool	
10.30-11.30	Body Jam	Dan	Studio 1	
10.30-11.15	Legs, Bums & Tums	Scc	Studio 2	
11.15-12.00	Step	Hec	Studio 1	
12.15-13.10	Yoga	Hol	Studio 1	
17.30-18.15	Body Attack Express	Hec	Studio 1	
18.15-19.00	Body Pump Express	Scc	Studio 1	
19.30-20.30	Dance with David Lloyd	Dan	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Body Attack Express	Hec	Studio 1	
09.45-10.45	Body Combat	Hec	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	
10.45-11.45	Body Pump	Scc	Studio 1	
17.00-17.45	Aqua	Scc	Pool	
18.00-18.55	YogaMoves	Hol	Studio 2	
18.15-18.45	Keiser Cycling	Hec	Cycle Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.00	Legs, Bums & Tums	Scc	Studio 1	
10.00-10.55	Total Body Workout	Hec	Studio 1	
10.15-11.00	Keiser Cycling	Hec	Cycle Studio	
11.00-11.55	Body Pump	Scc	Studio 1	
15.00-15.55	Yogalates	Hol	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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