DAVID LLOYD LEISURE - NOTTINGHAM WEST BRIDGFORD - 0115 982 !

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Legs, Bums and Tums	Scc	Studio 2	
09:30 - 10:25	Body Attack	Hec	Studio 1	
10:20 - 11:05	Aqua	Scc	Main Pool	
10:30 - 11:00	ViPR Taster	Otc	Bad Crt 9	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:35 - 12:30	Yoga	Hol	Studio 1	
17:30 - 18:15	Body Attack Express	Hec	Studio 1	
17:45 - 18:30	Legs, Bums and Tums	Scc	Studio 2	
18:15 - 19:10	Body Pump	Scc	Studio 1	
18:30 - 19:15	Core Stability	Scc	Studio 2	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:15	Multi Circuits	Hec	Bad Crt 2	
19:15 - 20:10	Row Fit	Otc	Gym Area 1	
19:30 - 20:15	Boxercise	Hec	Studio 2	
19:30 - 20:25	Pilates	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Legs, Bums and Tums	Scc	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
10:20 - 11:05	Aqua	Scc	Main Pool	
11:30 - 12:25	Pilates	Hol	Studio 1	
17:30 - 18:00	Lose & Shape Up	Otc	Party Rm	
17:30 - 18:15	Body Pump Express	Scc	Studio 1	
18:00 - 18:30	ViPR Taster	Otc	Gym Area 2	
18:00 - 18:55	Body Combat	Hec	Studio 2	
18:15 - 19:00	Step	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Legs, Bums and Tums	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 1	
10:30 - 11:25	Body Combat	Hec	Studio 2	
13:00 - 13:55	Yoga	Hol	Studio 1	
17:30 - 18:00	Group Cycling	Hec	Cycle Studio	
17:30 - 18:00	Group Exercise Welcome	Otc	Rec	
17:30 - 18:00	Lose & Shape Up	Otc	Party Rm	
18:00 - 18:45	Zumba	Dan	Studio 1	
18:00 - 18:55	Body Attack	Hec	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:00 - 19:55	Body Combat	Hec	Studio 1	
20:00 - 20:55	Yoga	Hol		

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Legs, Bums and Tums	Scc	Studio 1	
09:30 - 10:25	Body Attack	Hec	Studio 2	
09:30 - 11:30	Lose & Shape Up	Otc	High 5 Rm	£
09:30 - 11:30	Lose & Shape Up	Otc	High 5 Rm	£
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Mother & Baby	Otc	Studio 2	
11:30 - 12:25	Pilates	Hol	Studio 1	
13:00 - 13:45	Zumba	Dan	Studio 1	
17:30 - 18:15	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 18:30	Power Plate Taster	Otc		
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 20:00	Lose & Shape Up	Otc	High 5 Rm	£
18:00 - 20:00	Lose & Shape Up	Otc	High 5 Rm	£
18:15 - 19:00	Zumba	Dan	Studio 1	
18:30 - 19:30	Boot Camp	Hec	Outside	
19:00 - 19:55	Pole Dance	Dan	Studio 2	
19:00 - 19:55	Yoga	Hol	Studio 1	
19:00 - 20:30	Tri Class	Hec	Main Pool	

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 JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Core Stability	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:00 - 10:30	Power Plate Taster	Otc		
10:20 - 11:05	Aqua	Scc	Main Pool	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 2	
10:30 - 11:15	Zumba	Dan	Studio 1	
10:45 - 11:30	Power Plate Taster	Otc	Gym	
12:00 - 12:30	Group Exercise Welcome	Otc	Rec	
12:15 - 13:10	Yoga	Hol	Studio 1	
17:30 - 18:15	Body Attack Express	Hec	Studio 1	
18:20 - 19:15	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Running Club	Otc	Gym Area 1	
09:15 - 10:00	Legs, Bums and Tums	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Total Body Workout	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
11:00 - 11:55	Body Pump	Scc	Studio 1	
14:00 - 14:45	Zumba	Dan	Studio 1	
15:00 - 15:55	Yogalates	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Body Combat	Hec	Studio 1	
09:45 - 10:30	Body Attack Express	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
17:15 - 18:00	Aqua	Scc	Main Pool	
18:00 - 18:55	YogaMoves	Hol	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	

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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