DAVID LLOYD - OXFORD - 01865 334950

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Keiser Cycling & Abs	Hec	Cycle Studio	
09.30-10.30	Multi Circuits	Hec	Studio 1	*
09.30-10.30	Body Balance	Hol	Studio 2	*
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	*
10.30-11.30	Body Pump	Scc	Studio 1	*
10.30-11.30	Pilates	Hol	Studio 2	*
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	*
12.15-13.45	Hatha Yoga	Hol	Studio 2	
12.15-13.00	Kettle Bell	Scc	Studio 1	
12.15-13.15	Group Exercise Welcome	Otc	Club Room	
18.00-19.00	Body Combat	Hec	Studio 1	*
18.00-19.00	Hatha Yoga	Hol	Studio 2	*
18.00-19.00	Keiser Cycling	Hec	Cycle Studio	*
18.00-18.45	Kettle Bell	Scc	Gym	*
19.00-20.00	Body Jam	Dan	Studio 1	
19.00-20.00	Core Stability	Scc	Studio 2	
19.00-20.00	RPM	Hec	Cycle Studio	
20.00-21.00	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Body Pump	Scc	Studio 1	
09.30-10.30	Step	Hec	Studio 1	*
09.30-10.15	Core Stability	Scc	Studio 2	*
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	*
10.30-11.30	Boxercise	Hec	Studio 1	*
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	*
12.15-13.00	Body Pump Express	Scc	Studio 1	
18.00-19.00	Body Pump	Scc	Studio 1	*
18.00-19.00	Pilates	Hol	Studio 2	*
18.00-19.00	Keiser Cycling	Hec	Cycle Studio	*
19.00-20.30	Boxercise	Hec	Studio 1	
19.00-20.00	Body Balance	Hol	Studio 2	
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	
19.00-20.00	Back Care Fit	Otc	Gym	
20.00-20.45	Kettle Bell	Scc	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Pilates	Hol	Studio 2	
09.30-10.30	Body Combat	Hec	Studio 1	*
10.30-11.30	Body Jam	Dan	Studio 1	*
10.30-11.30	Body Balance	Hol	Studio 2	*
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	*
12.00-12.45	Aqua	Scc	Pool	
12.15-12.45	Keiser Cycling Express	Hec	Cycle Studio	
18.00-19.00	Legs, Bums & Tums	Scc	Studio 1	*
18.00-19.00	Body Balance	Hol	Studio 2	*
18.00-19.00	Keiser Cycling	Hec	Cycle Studio	*
18.00-18.45	Kettle Bell	Scc	Gym	*
19.00-20.00	Multi Circuits	Hec	Studio 1	
19.00-20.00	Pilates Advanced	Hol	Studio 2	
19.00-20.00	Netball Club	Otc	Outside	
19.15-20.00	RPM	Hec	Cycle Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Hatha Yoga	Hol	Studio 2	
09.30-10.30	Body Pump	Scc	Studio 1	*
09.30-10.30	Dynamic Yoga	Hol	Studio 2	*
10.30-11.30	Pilates Fitness	Hol	Studio 2	*
10.30-11.15	Keiser Cycling	Hec	Cycle Studio	*
12.15-12.45	Keiser Cycling Express	Hec	Cycle Studio	
17.00-18.00	Group Exercise Welcome	Otc	Club Room	
18.00-19.00	Body Attack	Hec	Studio 1	
18.00-19.00	Ashtanga Yoga	Hol	Studio 2	
18.00-18.45	Keiser Cycling	Hec	Cycle Studio	
18.00-19.00	Running Club	Otc	Outside	
19.00-20.00	Multi Circuits	Hec	Studio 1	
19.00-19.45	Power Plate	Scc	Gym	
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	
19.00-19.45	Aqua	Scc	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 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Keiser Cycling & Abs	Hec	Cycle Studio	
07.00-08.00	Body Balance	Hol	Studio 1	
09.30-10.30	Legs, Bums & Tums	Scc	Studio 1	*
09.30-11.00	Hatha Yoga	Hol	Studio 2	*
09.30-10.15	Keiser Cycling	Hec	Cycle Studio	*
10.30-11.30	Body Balance	Hol	Studio 1	*
10.30-11.15	Kettle Bell	Scc	Gym	*
12.00-12.45	Aqua	Scc	Pool	
12.15-13.00	Body Combat Express	Hec	Studio 1	
17.00-18.00	Legs, Bums & Tums	Scc	Studio 1	*
18.00-19.00	Body Combat	Hec	Studio 1	*
18.00-19.00	Pilates Fitness	Hol	Studio 2	*
18.00-19.30	Keiser Cycling Advanced	Hec	Cycle Studio	*
18.00-19.00	Tennis Fit	Otc	Gym	
19.00-20.00	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Body Combat	Hec	Studio 1	*
10.00-11.00	Body Balance	Hol	Studio 2	*
11.00-12.00	Body Pump	Scc	Studio 1	*
11.00-12.00	Keiser Cycling	Hec	Cycle Studio	*
15.00-15.45	Keiser Cycling	Hec	Cycle Studio	
18.00-19.30	Ashtanga Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.00	Body Balance	Hol	Studio 2	
09.00-10.00	Multi Circuits	Hec	Studio 1	
09.00-10.00	Body Balance	Hol	Studio 2	
10.00-11.00	Body Attack	Hec	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Cycle Studio	
11.00-12.00	Body Pump	Scc	Studio 1	
11.00-11.45	Keiser Cycling	Hec	Cycle Studio	
15.00-15.45	Power Plate	Scc	Gym	

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
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
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