DAVID LLOYD LEISURE - PORT SOLENT - 023 92222 700

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Master Swim	Otc	Pool	
07:15 - 08:10	Multi Circuits	Hec	Studio 1	
09:00 - 09:45	Power Plate Taster	Otc	Gym	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:00 - 10:30	Abs & Back	Scc	Gym	
10:00 - 11:15	Hatha Yoga	Hol	Studio 2	
10:35 - 11:05	Group Cycling	Hec	Spin Area	
10:45 - 11:40	Body Pump	Scc	Studio 1	
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 2	
17:15 - 18:10	Body Pump	Scc	Studio 1	
18:05 - 18:50	Group Cycling Advanced	Otc	Spin Area	
18:30 - 19:15	Legs, Bums and Tums	Scc	Studio 2	
19:00 - 19:30	Cross Training	Hec	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Spin Area	
07:30 - 08:15	Body Pump Express	Scc	Studio 1	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:30 - 10:25	Total Body Workout	Hec	Studio 2	
10:00 - 10:45	ViPR Taster	Otc	Gym	
10:30 - 11:15	Body Jam	Dan	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
12:00 - 12:55	Master Swim	Otc	Pool	
14:00 - 16:00	Senior Club	Otc	Gym	
16:45 - 17:40	Tai Chi	Hol	Studio 1	
17:30 - 18:00	Group Cycling	Hec	Spin Area	
18:00 - 19:30	Running Club	Otc	Gym Desk	
18:15 - 19:00	Body Combat Express	Hec	Studio 1	
18:15 - 19:00	RPM	Hec	Spin Area	
18:15 - 19:30	Hatha Yoga	Hol	Studio 2	
19:10 - 20:05	Body Pump	Scc	Studio 1	
20:15 - 21:00	Core Stability	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Boxercise	Hec	Studio 1	
07:30 - 08:15	RPM	Hec	Spin Area	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Tai Chi	Hol	Studio 2	
10:00 - 10:30	Abs & Back	Scc	Gym	
10:30 - 11:25	Tai Chi Advanced	Otc	Studio 2	
10:35 - 11:05	Group Cycling	Hec	Spin Area	
10:35 - 11:20	Legs, Bums and Tums	Scc	Studio 1	
11:25 - 12:10	Body Vive	Scc	Studio 1	
12:15 - 12:45	Line Dancing	Dan	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
14:10 - 14:55	Aqua	Scc	Pool	
17:30 - 18:00	Group Cycling	Hec	Spin Area	
18:10 - 19:05	Circuits	Hec	Studio 1	
18:15 - 19:10	Body Jam	Dan	Studio 2	
19:15 - 20:10	Body Combat	Hec	Studio 1	
19:15 - 20:10	Legs, Bums and Tums	Scc	Studio 2	
19:30 - 20:25	Group Cycling Advanced	Otc	Spin Area	
19:30 - 20:25	Master Swim	Otc	Pool	
20:20 - 21:15	Body Balance	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Spin Area	
09:00 - 09:45	Pilates	Hol	Studio 2	
09:30 - 10:00	Abs & Back	Scc	Gym	
10:00 - 10:55	Body Pump	Scc	Studio 1	
10:00 - 10:55	Total Body Workout	Hec	Studio 2	
11:00 - 11:55	Body Balance	Hol	Studio 2	
11:00 - 11:55	Master Swim	Otc	Pool	
11:15 - 12:00	Senior Conditioning	Scc	Studio 1	
11:30 - 12:00	Group Exercise Welcome	Otc	Club Rm	
12:00 - 13:15	Hatha Yoga	Hol	Studio 2	
12:15 - 13:10	Pre & Post Natal	Otc	Studio 1	
14:10 - 14:55	Aqua	Scc	Pool	
17:00 - 17:45	JUKARI Fit to Flex	Otc	Studio 2	
17:45 - 18:30	Group Cycling	Hec	Spin Area	
17:45 - 18:30	Pilates	Hol	Studio 2	
18:15 - 19:10	Step	Hec	Studio 1	
18:30 - 19:00	ViPR Course	Otc	Gym	
19:00 - 19:30	Abs & Back	Scc	Gym	
19:00 - 20:15	Yoga	Hol	Studio 2	
19:30 - 20:25	Body Pump	Scc	Studio 1	
20:00 - 21:30	Triathlon Class	Otc	Gym Desk	
20:30 - 21:25	Kick Boxing	Hec	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
06:45 - 07:40	Circuits	Hec	Studio 1	
09:30 - 10:15	Aqua	Scc	Pool	
09:30 - 10:25	Legs, Bums and Tums	Scc	Studio 1	
10:00 - 10:30	Abs & Back	Scc	Gym	
10:30 - 11:25	Body Jam	Dan	Studio 1	
10:35 - 11:05	Group Cycling	Hec	Spin Area	
11:35 - 12:20	Body Vive	Scc	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
17:30 - 18:25	RPM	Hec	Spin Area	
18:00 - 18:45	ViPR Taster	Otc	Gym	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Hour of Power	Hec	Studio 1	
09:00 - 09:45	Aqua	Scc	Pool	
09:30 - 10:25	Circuits	Hec	Studio 1	
10:35 - 11:05	Family Cycle	Hec	Spin Area	
11:35 - 12:30	Body Combat	Hec	Studio 1	
12:35 - 13:30	Body Balance	Hol	Studio 1	
14:00 - 15:00	Family Karate	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:30	Triathlon Class	Otc	Gym Desk	
09:00 - 09:55	Body Pump	Scc	Studio 1	
10:15 - 11:10	Boxercise	Hec	Studio 1	
10:30 - 11:00	Abs & Back	Scc	Gym	
10:30 - 11:00	Family Cycle	Hec	Spin Area	
17:00 - 17:45	Group Cycling	Hec	Spin Area	
17:00 - 17:55	Body Combat	Hec	Studio 1	
18:00 - 18:55	Master Swim	Otc	Pool	

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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