DAVID LLOYD LEISURE - PORT SOLENT - 023 92222 700

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Master Swim	Otc	Pool	
06:45 - 07:40	Multi Circuits	Hec	Studio 1	
09:10 - 09:55	Line Dancing	Dan	Studio 2	
09:15 - 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	
11:00 - 11:30	Adult Swim	Otc	Pool	£
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 2	
12:00 - 12:45	Core Stability	Scc	Studio 1	
14:00 - 14:45	Aqua	Scc	Ind Pool	
17:15 - 18:10	Body Pump	Scc	Studio 1	
17:45 - 18:15	Group Exercise Welcome	Otc	Club Rm	
18:05 - 18:50	Group Cycling Advanced	Otc	Spin Area	
18:20 - 19:15	Body Jam	Dan	Studio 1	
18:30 - 19:15	Legs, Bums and Tums	Scc	Studio 2	
19:00 - 19:30	Cross Training	Hec	Training Zone	
19:00 - 20:00	Lose & Shape Up	Otc	Gym 1	£
19:25 - 20:20	Body Balance	Hol	Studio 2	
19:25 - 20:20	Body Combat	Hec	Studio 1	
20:00 - 21:00	Triathlon Class	Otc	Gym Area 2	

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	
10:15 - 10:45	ViPR Taster	Otc	Gym	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:35 - 11:20	Zumba	Dan	Studio 1	
12:00 - 12:55	Master Swim	Otc	Pool	
14:00 - 16:00	Senior Club	Otc	Gym	
16:45 - 17:40	Tai Chi	Hol	Studio 2	
17:30 - 18:00	Group Cycling	Hec	Spin Area	
18:00 - 19:15	Hatha Yoga	Hol	Studio 2	
18:15 - 19:00	Body Combat Express	Hec	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Spin Area	
19:00 - 20:00	Lose & Shape Up	Otc	Gym 1	£
19:10 - 20:05	Body Pump	Scc	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:15 - 21:00	Core Stability	Scc	Studio 1	

KEY

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S Designed for senior members
C Class is part of a course
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Boxercise	Hec	Studio 1	
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	
11:30 - 12:00	Lose & Shape Up Seminar	Otc	Club Rm	
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	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
19:00 - 20:00	Lose & Shape Up	Otc	Gym 1	£
19:15 - 20:00	Legs, Bums and Tums	Scc	Studio 2	
19:15 - 20:10	Body Combat	Hec	Studio 1	
19:30 - 20:00	TRX Taster	Otc	Gym	
19:30 - 20:25	Group Cycling Advanced	Otc	Spin Area	
19:30 - 20:25	Master Swim	Otc	Pool	
20:15 - 21:15	Ballroom & Latin Dancing	Otc	Studio 1	£
20:20 - 21:15	Body Balance	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Spin Area	
07:30 - 08:00	Abs & Back	Scc	Gym Area 1	
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	
10:30 - 11:00	Adult Swim	Otc	Pool	£
11:00 - 11:55	Body Balance	Hol	Studio 2	
11:00 - 11:55	Master Swim	Otc	Pool	
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	
17:30 - 18:00	Lose & Shape Up Seminar	Otc	Club Rm	
17:45 - 18:30	Group Cycling	Hec	Spin Area	
17:45 - 18:30	Pilates	Hol	Studio 2	
18:00 - 19:00	Lose & Shape Up	Otc	Gym 1	£
18:05 - 19:00	Circuits	Hec	Studio 1	
19:00 - 19:30	Abs & Back	Scc	Gym	
19:00 - 19:45	JUKARI Fit to Flex	Otc	Studio 2	
19:30 - 20:25	Body Pump	Scc	Studio 1	
20:00 - 21:30	Triathlon Class	Otc	Gym Desk	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

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	
13:00 - 13:55	Pilates	Hol	Studio 2	
17:00 - 17:55	Body Combat	Hec	Studio 1	
17:30 - 18:25	RPM	Hec	Spin Area	
18:00 - 18:30	ViPR Taster	Otc	Gym	
19:00 - 19:45	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Hour of Power	Hec	Studio 1	
09:00 - 09:45	Aqua	Scc	Pool	
09:00 - 10:30	Running Club	Otc	Gym 1	
09:30 - 10:25	Circuits	Hec	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Spin Area	
11:35 - 12:30	Body Combat	Hec	Studio 1	
12:35 - 13:30	Body Balance	Hol	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:55	Boxercise	Hec	Studio 1	
08:30 - 10:00	Triathlon Class	Otc	Gym Desk	
09:10 - 10:05	Body Pump	Scc	Studio 1	
10:30 - 11:00	Abs & Back	Scc	Gym	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:00 - 11:55	Easyline Gym Class	Otc	Gym	
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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