DAVID LLOYD READING - 0118 966 2904

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	Cycle zone	
07.00 - 07.45	Circuits	Hec	S2	
10.00 - 11.00	Step	Hec	S2	A
11.00 - 11.45	Pilates Intermediate	Hol	S1	
11.15 - 12.00	Aqua	Scc	Pool	
12.15 - 13.00	Body Pump	Scc	S2	
12.30 - 13.15	Keiser Cycling	Hec	Cycle zone	
13.00 - 13.45	Body Balance	Hol	S2	
13.15 - 13.30	Abs & Back	Scc	Gym Floor	
13.45 - 14.00	Introduction to Body Balance	Hol	S2	
14.00 - 14.30	Group Exercise Welcome	Otc	Club Room	
17.30 - 18.00	Group Exercise Welcome	Otc	Club Room	
17.30 - 18.00	Abs & Back	Scc	S2	
18.00 - 19.00	Step	Hec	S1	
18.00 - 19.00	Body Pump	Scc	S2	
18.00 - 19.00	Keiser Cycling	Hec	Cycle Zone	
19.00 - 20.00	Body Balance	Hol	S2	
19.00 - 20.00	Dance with David Lloyd	Dan	S1	£ C

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.45	Body Pump	Scc	S2	
07.00 - 07.45	Keiser Cycling	Hec	Cycle zone	
10.00 - 11.00	Iyengar Yoga	Hol	S2	
11.15 - 12.15	Salsa Dancing	Dan	S2	
11.15-12.15	Circuits	Hec	S1	
12.15 - 13.00	Keiser Cycling	Hec	Cycle Zone	
12.15 - 13.00	Body Conditioning	Scc	S2	
13.15 - 13.30	Abs & Back	Scc	Gym Floor	
13.15 - 14.00	Tae Kwon Do	Hec	S1	£
17.45 - 18.00	Abs & Back	Scc	Gym Floor	
17.45 - 18.45	Pilates Beginners	Hol	S1	
18.00 - 18.45	Keiser Cycling	Hec	Cycle Zone	
18.00 - 19.00	Step	Hec	S2	
18.45 - 19.45	Boxing Fit	Otc	S1	
19.00 - 20.00	Body Pump	Scc	S2	
19.15 - 20.00	Keiser Cycling	Hec	Cycle Zone	
19.45 - 21.30	Dynamic Yoga	Hol	S1	
20.00 - 21.00	Kick Boxing	Hec	S2	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle zone	
07.00 - 07.45	Cross Training	Hec	Gym Floor	
10.00 - 11.00	Body Conditioning	Scc	S2	
11.00 - 11.45	Pilates Beginners	Hol	S2	
12.15 - 13.00	Body Combat	Hec	S2	
12.15 - 13.00	Dynamic Yoga	Hol	S1	
12.15 - 13.00	Keiser Cycling	Hec	Cycle Zone	
12.15 - 13.00	Row Fit	Otc	Gym Floor	
13.15 - 13.30	Abs & Back	Scc	Gym Floor	
17.45 - 18.00	Abs & Back	Scc	Gym Floor	
18.00 - 19.00	Body Attack	Hec	S2	
18.00 - 19.00	Pilates Beginners	Hol	S1	
18.15 - 19.00	Keiser Cycling	Hec	Cycle zone	
19.00 - 20.00	Pilates Advanced	Hol	S1	
19.00 - 20.00	Body Pump	Scc	S2	
20.00-21.30	Ashtanga Yoga	Hol	S2	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.45	Body Pump	Scc	S2	
07.00 - 07.45	Keiser Cycling	Hec	Cycle zone	
10.10 - 11.10	Body Balance	Hol	S1	
11.15 - 12.00	Aqua	Scc	Pool	
12.15 - 13.00	Body Pump	Scc	S2	
12.15 - 13.15	Triathlon Fit	Otc	Gym Floor	
13.00 - 13.45	Step	Hec	S1	
13.05 - 13.50	Swiss Ball	Scc	S2	
13.15 - 13.30	Abs & Back	Scc	Gym Floor	
14.00 - 15.00	Pilates Intermediate	Hol	S2	
17.45 - 18.00	Abs & Back	Scc	Gym Floor	
18.00 - 19.00	Body Attack	Hec	S2	
18.00 - 19.00	Dynamic Yoga	Hol	S1	
19.00 - 20.00	Body Combat	Hec	S2	
19.30 - 20.15	Keiser Cycling	Hec	Cycle Zone	

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
07.00 - 07.45	Keiser Cycling	Hec	Cycle zone	
07.00-08.00	Run Fit	Otc	Gym floor	
10.00-11.00	Step	Hec	S2	
11.00-11.45	Zumba	Dan	S2	
12.00 - 13.00	Body Pump	Scc	S1	
12.00 - 12.15	Introduction to Body Attack	Hec	S2	
12.15-13.00	Body Attack	Hec	S2	
13.00 - 14.00	Body Balance	Hol	S1	
16.30 - 17.15	Tae Kwon Do	Hec	S1	£
17.45 - 18.00	Abs & Back	Scc	Gym floor	
18.15 - 19.00	Keiser Cycling	Hec	Cycle zone	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.15	Keiser Cycling	Hec	Cycle zone	
10.15 - 11.00	Body Pump	Scc	S2	
10.15 - 10.30	Abs & Back	Scc	Gym Floor	
11.15 - 12.15	Body Balance	Hol	S2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-1000	Body Combat	Hec	S2	
09.15-10.00	Keiser Cycling	Hec	Cycle zone	
09.45-10.00	Abs & Back	Scc	Gym floor	
10.00-11.00	Pilates	Hol	S1	
10.00-11.00	Step	Hec	S2	
11.00 - 12.00	Body Pump	Scc	S2	
12.00 - 13.00	Body Balance	Hol	S2	

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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