# DAVID LLOYD LEISURE - READING - 01189 662904

## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | | |
| 10:00 - 10:55 | Step | Hec | | |
| 10:15 - 11:00 | Beginners Group Cycling | Hec | Cycle Studio | |
| 11:00 - 11:45 | Pilates | Hol | Studio 2 | |
| 11:15 - 12:00 | Aqua | Scc | Main Pool | |
| 12:15 - 13:00 | Body Pump | Scc | Studio 2 | |
| 12:30 - 13:15 | Group Cycling | Hec | | |
| 13:00 - 13:30 | ViPR Taster | Otc | | |
| 18:00 - 18:55 | Body Pump | Scc | Studio 2 | |
| 18:00 - 18:55 | Step | Hec | | |
| 18:00 - 19:00 | Group Cycling | Hec | Cycle Studio | |
| 18:00 - 19:00 | Step | Hec | | |
| 19:00 - 19:45 | Power Plate Taster | Otc | | |
| 19:00 - 20:00 | Ballroom & Latin Dancing | Dan | Studio 1 | |
| 19:00 - 20:00 | JUKARI Fit to Flex | Otc | | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:40 | Body Pump | Scc | Studio 2 | |
| 07:00 - 07:45 | Group Cycling | Hec | | |
| 10:00 - 10:55 | Iyengar Yoga | Hol | Studio 2 | |
| 12:15 - 13:00 | Circuits | Hec | Studio 1 | |
| 12:15 - 13:00 | Group Cycling | Hec | | |
| 13:00 - 13:45 | Power Plate Taster | Otc | | |
| 13:15 - 14:15 | Tae Kwon Do | Hec | Studio 1 | |
| 17:45 - 18:40 | Pilates | Hol | Studio 1 | |
| 18:00 - 18:45 | Group Cycling | Hec | | |
| 18:00 - 18:55 | Step | Hec | | |
| 18:45 - 19:45 | Circuits | Hec | | |
| 19:00 - 19:55 | Body Pump | Scc | Studio 2 | |
| 19:15 - 20:00 | Group Cycling | Hec | | |
| 20:00 - 21:30 | Yoga | Hol | Studio 1 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | | |
| 10:00 - 10:45 | Body Conditioning | Scc | | |
| 11:00 - 11:45 | Pilates | Hol | Studio 2 | |
| 12:15 - 13:00 | Body Combat | Hec | Studio 2 | |
| 12:15 - 13:00 | Group Cycling | Hec | | |
| 12:15 - 13:00 | Row Fit | Otc | Gym | |
| 12:15 - 13:15 | Dynamic Yoga | Hol | Studio 1 | |
| 18:00 - 18:55 | Body Attack | Hec | Studio 2 | |
| 18:00 - 18:55 | Pilates | Hol | Studio 1 | |
| 18:15 - 19:00 | Group Cycling | Hec | | |
| 19:00 - 19:55 | Body Pump | Scc | Studio 2 | |
| 19:00 - 19:55 | Pilates Advanced | Hol | Studio 1 | |
| 20:00 - 21:30 | Astanga Yoga | Hol | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | | |
| 10:10 - 11:05 | Body Balance | Hol | Studio 2 | |
| 11:15 - 12:00 | Aqua | Scc | Main Pool | |
| 12:15 - 12:45 | ViPR Taster | Otc | | |
| 12:15 - 13:00 | Body Pump | Scc | Studio 2 | |
| 12:15 - 13:00 | Group Cycling | Hec | | |
| 12:15 - 13:15 | Triathlon Class | Otc | | |
| 13:00 - 13:45 | Step | Hec | Studio 1 | |
| 18:00 - 18:55 | Body Attack | Hec | Studio 2 | |
| 18:00 - 19:00 | Dynamic Yoga | Hol | Studio 1 | |
| 19:00 - 19:55 | Body Combat | Hec | Studio 2 | |
| 19:30 - 20:15 | Group Cycling | Hec | | |

### 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

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### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | | |
| 07:00 - 07:45 | Treadmill Advanced | Otc | | |
| 07:00 - 08:00 | Running Club | Otc | | |
| 10:15 - 11:10 | Step | Hec | | |
| 11:15 - 12:00 | Zumba | Dan | Studio 1 | |
| 12:15 - 13:00 | Body Attack | Hec | | |
| 12:15 - 13:00 | Senior Pilates | Hol | Studio 2 | |
| 12:15 - 13:10 | Body Attack | Hec | | |
| 16:30 - 17:30 | Tae Kwon Do | Hec | | |
| 18:15 - 19:00 | Group Cycling | Hec | | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 09:55 | Body Combat | Hec | Studio 2 | |
| 09:15 - 10:00 | Group Cycling | Hec | | |
| 10:00 - 10:55 | Pilates | Hol | Studio 1 | |
| 10:00 - 10:55 | Step | Hec | | |
| 10:00 - 11:00 | Step | Hec | | |
| 11:00 - 11:55 | Body Pump | Scc | Studio 2 | |
| 11:00 - 12:00 | JUKARI Fit to Flex | Otc | | |
| 12:00 - 12:55 | Body Balance | Hol | Studio 2 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:15 | Group Cycling | Hec | | |
| 10:15 - 11:10 | Body Pump | Scc | Studio 2 | |
| 11:15 - 12:10 | Body Balance | Hol | Studio 2 | |

### 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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