DAVID LLOYD LEISURE - READING - 01189 662904

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:30	Group Exercise Welcome	Otc		
10:00 - 10:55	Step	Hec	Studio 2	
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	
12:15 - 13:05	Lose & Shape Up Course	Otc	Club Rm	£
12:30 - 13:15	Group Cycling	Hec		
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:50	Lose & Shape Up Course	Otc	Club Rm	£
18:00 - 18:55	Body Attack	Hec	Studio 2	
18:00 - 18:55	Step	Hec	Studio 1	
19:00 - 19:50	Zumba	Dan	Studio 2	
19:00 - 20:00	Dance With David Lloyd	Dan	Studio 1	

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	
11:15 - 12:05	Salsa Dancing	Dan	Studio 2	
12:15 - 13:00	Circuits	Hec	Studio 1	
12:15 - 13:00	Group Cycling	Hec		
17:45 - 18:40	Pilates	Hol	Studio 1	
18:00 - 18:55	Step	Hec	Studio 2	
18:45 - 19:45	Circuits	Hec	Studio 1	
19:00 - 19:55	Body Pump	Scc	Studio 2	
19:15 - 20:00	Group Cycling	Hec		
20:00 - 20:30	Group Exercise Welcome	Otc	Rec	
20:00 - 21:00	Dynamic Yoga	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec		
10:00 - 10:45	Body Conditioning	Scc	Studio 2	
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 - 18:30	Adult Swim	Otc		
18:00 - 18:55	Body Attack	Hec	Studio 2	
18:15 - 19:00	Group Cycling	Hec		
19:00 - 19:55	Body Pump	Scc	Studio 2	
19:00 - 19:55	Pilates	Hol	Studio 1	
20:00 - 21:30	Astanga Yoga	Hol	Studio 1	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Gym	
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 - 13:00	Body Pump	Scc	Studio 2	
12:15 - 13:00	Group Cycling	Hec		
12:15 - 13:05	Lose & Shape Up Course	Otc	Club Rm	£
12:15 - 13:15	Triathlon Class	Otc		
17:45 - 18:45	Dynamic Yoga	Hol	Studio 1	
18:00 - 18:50	Lose & Shape Up Course	Otc	Club Rm	£
18:00 - 18:55	Body Pump	Scc	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Combat	Hec	Studio 2	

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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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec		
10:00 - 10:45	Aqua	Scc	Main Pool	
10:00 - 10:55	Step	Hec	Studio 2	
11:15 - 12:05	Zumba	Dan	Studio 1	
12:00 - 12:55	Body Pump	Scc	Studio 2	
12:15 - 13:10	Body Attack	Hec	Studio 1	
16:30 - 17:30	Tae Kwon Do	Hec	Studio 1	
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 - 11:00	Step	Hec	Studio 2	
11:00 - 11:55	Body Pump	Scc	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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