DAVID LLOYD LEISURE - RINGWOOD - 01425 470101

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Balance	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Attack	Hec	Studio 2	
19:00 - 20:00	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Pump	Scc	Studio 1	
09:00 - 09:30	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
10:30 - 11:30	Body Balance	Hol	Studio 2	
10:30 - 11:30	Body Pump & Balance	Scc	Studio 1	
11:15 - 12:00	Aqua	Scc	Out Pool	
11:30 - 12:30	Tai Chi	Hol	Studio 1	
13:30 - 14:30	Body Balance	Hol	Studio 1	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Legs, Bums & Tums	Scc	Studio 2	
18:30 - 19:25	Running Club	Otc	Outside	
19:00 - 19:30	JUKARI Fit to Flex	Otc	Studio 2	
19:00 - 19:45	Body Pump Express	Scc	Studio 1	
20:00 - 21:00	Kick Boxing	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Group Cycling	Hec	Cycle Studio	
08:30 - 09:25	Senior Conditioning	Scc	Studio 1	
08:30 - 09:30	Mature Movers	Otc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Jam	Dan	Studio 1	
09:30 - 10:30	Body Attack	Hec	Studio 2	
10:30 - 12:00	Yoga	Hol	Studio 2	
10:45 - 11:45	Body Pump	Scc	Studio 1	
12:00 - 12:55	Pilates	Hol	Studio 1	
13:30 - 14:30	Body Pump & Balance	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:15 - 19:00	Aqua	Scc	Out Pool	
18:30 - 20:00	Yoga	Hol	Studio 2	
19:00 - 20:00	Body Balance	Hol	Studio 1	
20:00 - 20:55	Boxercise	Hec	Studio 1	
20:00 - 21:30	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Balance	Hol	Studio 1	
09:00 - 09:30	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio 1	
10:30 - 11:30	Body Combat	Hec	Studio 1	
10:45 - 12:15	Yoga	Hol	Studio 2	
11:15 - 12:00	Aqua	Scc	Out Pool	
13:30 - 14:30	Body Pump & Balance	Scc	Studio 1	
16:00 - 17:00	Body Pump & Balance	Scc	Studio 1	
18:00 - 18:40	Flexi Bar	Scc	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:30 - 19:25	Running Club	Otc	Outside	
19:00 - 20:00	Body Combat	Hec	Studio 2	
20:00 - 21:00	Kick Boxing	Hec	Studio 1	
20:00 - 21:30	Yoga	Hol	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Group Cycling	Hec	Cycle Studio	
08:30 - 09:25	Senior Multi Circuits	Hec	Studio 1	
08:30 - 09:30	Body Pump	Scc	Studio 2	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:25	Running Club	Otc	Outside	
09:30 - 11:00	Yoga	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
11:00 - 12:30	Yoga	Hol	Studio 2	
11:30 - 12:15	Aqua	Scc	Out Pool	
11:30 - 12:30	Body Attack	Hec	Studio 1	
13:30 - 14:30	Body Balance	Hol	Studio 1	
18:00 - 18:55	Body Jam	Dan	Studio 1	
18:00 - 19:00	ViPR Taster	Otc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Pump	Scc	Studio 2	
09:00 - 09:40	Flexi Bar	Scc	Studio 1	
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
10:00 - 11:00	Body Combat	Hec	Studio 1	
10:30 - 12:00	Yoga	Hol	Studio 2	
11:00 - 12:00	Body Balance	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Balance	Hol	Studio 1	
09:00 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Body Combat	Hec	Studio 2	
10:00 - 11:00	Body Pump	Scc	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	

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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