DAVID LLOYD - SOLIHULL CRANMORE - 0121 733 5300

EXERCISE CLASS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-09.45	Cardio Conditioning	Hec	Gym	
09.15-09.30	Introduction to Body Balance	Hol	Studio 2	
09.30-10.25	Body Balance	Hol	Studio 2	
09.30-10.25	Aerobics	Hec	Studio 1	
09.45-10.30	RPM	Hec	Gym	
10.30-11.25	Pilates Fitness	Hol	Studio 2	
10.35-11.30	Body Pump	Scc	Studio 1	
11.35-12.30	Body Combat	Hec	Studio 1	
11.35-12.05	Abs & Stretch	Scc	Studio 2	
17.00-17.30	Step	Hec	Studio 1	
17.30-18.00	Conditioning	Scc	Studio 1	
18.00-18.55	Body Combat	Hec	Studio 1	
18.15-19.00	RPM	Hec	Gym	
19.00-19.45	Core Stability	Scc	Studio 2	
19.00-19.55	Conditioning	Scc	Studio 1	
19.00-19.55	Running Club	Otc	Outside	
19.00-20.00	Group Ex Welcome	Otc	Clubroom	
20.00-20.45	Core Stability	Scc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.15	Keiser Cycling Express	Hec	Gym	
07.15-07.45	Body Pump Express	Scc	Studio 1	
09.30-10.25	Body Vive	Scc	Studio 1	
09.30-10.25	Hatha Yoga	Hol	Studio 2	
09.45-10.25	Keiser Cycling	Hec	Gym	
10.30-11.25	Body Balance	Hol	Studio 2	
10.30-11.25	Body Pump	Scc	Studio 1	
11.30-12.25	Pilates Fitness	Hol	Studio 2	
12.30-13.15	Aqua	Scc	Pool	
18.00-18.55	Conditioning	Scc	Studio 1	
18.00-19.00	Hatha Yoga	Hol	Studio 2	
18.15-19.00	Keiser Cycling	Hec	Gym	
19.00-19.45	Aqua	Scc	Pool	
19.05-19.35	Abs & Stretch	Scc	Studio 2	
19.05-20.00	Body Pump	Scc	Studio1	
19.45-20.45	Ballroom and Latin Dancing	Dan	Studio 2	
20.05-21.00	Body Combat	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.00	Step	Hec	Studio 1	
09.30-10.25	Body Balance	Hol	Studio 2	
10.05-10.35	Body Pump Express	Scc	Studio 1	
10.40-11.10	Abs & Stretch	Scc	Studio 2	
10.40-11.25	Legs, Bums & Tums	Scc	Studio 1	
11.30-12.25	Pilates	Hol	Studio 1	
11.30-12.00	Group Ex Welcome	Otc	Clubroom	
17.15-17.45	Body Balance Express	Hol	Studio 2	
18.00-18.30	Keiser Cycling Express	Hec	Gym	
18.00-18.55	Body Jam	Dan	Studio 1	
18.00-18.55	Body Balance	Hol	Studio 2	
18.45-19.30	Row Fit Express	Hec	Gym	
19.00-19.30	Core Stability	Scc	Studio 2	
19.00-19.55	Body Combat	Hec	Studio 1	
19.35-20.50	Iyengar Yoga	Hol	Studio 2	
20.00-20.45	Keiser Cycling	Hec	Gym	
20.00-20.55	Multi Circuits	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Legs, Bums & Tums	Scc	Studio 2	
09.30-10.25	Body Combat	Hec	Studio 1	
10.30-11.15	Keiser Cycling	Hec	Gym	
10.30-11.25	Yoga	Hol	Studio 2	
10.30-11.25	Body Vive	Scc	Studio 1	
17.15-17.45	Abs & Stretch	Scc	Studio 2	
18.00-18.30	Keiser Cycling Express	Hec	Gym	
18.00-18.55	Body Balance	Hol	Studio 2	
18.35-19.05	Body Pump Express	Scc	Studio 1	
19.10-19.40	Abs & Stretch	Scc	Studio 2	
19.30-20.30	Boxercise	Hec	Studio 1	

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
06.45-07.15	Keiser Cycling Express	Hec	Gym	
07.15-07.45	Body Pump Express	Scc	Studio 1	
09.15-09.30	Introduction to Body Pump	Scc	Studio 1	
09.30-10.25	Body Pump	Scc	Studio 1	
09.30-10.25	Body Balance	Hol	Studio 2	
10.30-11.00	Step	Hec	Studio 1	
10.30-11.00	RPM Express	Hec	Gym	
11.00-11.55	Multi Circuits	Hec	Studio 1	
11.15-12.00	Pilates	Hol	Studio 2	
12.00-12.45	Pilates	Hol	Studio 2	
12.30-13.15	Aqua	Scc	Pool	
16.30-17.00	Keiser Cycling Express	Hec	Gym	
17.00-17.30	Row Fit Express	Hec	Gym	
17.30-18.30	Body Pump	Scc	Gym	
18.35-19.05	Core Stability	Scc	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Tai Chi	Hol	Studio 1	
09.30-10.25	RPM	Hec	Gym	
10.30-11.25	Conditioning	Scc	Studio 1	
11.30-12.25	Body Balance	Hol	Studio 2	
15.25-15.55	Keiser Cycling Express	Hec	Gym	
16.00-16.55	Body Pump	Scc	Studio 1	
17.00-17.30	Abs & Stretch	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.10.15	Keiser Cycling	Hec	Gym	
10.20-10.50	Body Combat	Hec	Studio 1	
10.20-10.50	Abs & Stretch	Scc	Gym	
11.05-12.20	Iyengar Yoga	Hol	Studio 2	
11.15-12.10	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.

KEY

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