DAVID LLOYD LEISURE - SOLIHULL CRANMORE - 0121 733 5300

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Attack	Hec	Studio 1	
09:35 - 10:30	Body Vive	Scc	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Spin Area	
10:35 - 11:30	Body Pump	Scc	Studio 1	
10:35 - 11:30	Pilates Fitness	Hol	Studio 2	
11:35 - 12:20	Aqua	Scc	Main Pool	
11:35 - 12:30	Body Combat	Hec	Studio 1	
17:00 - 17:45	Family Cycle	Hec	Gym	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:00 - 18:55	Pilates Fitness	Hol	Studio 2	
18:15 - 18:45	Group Exercise Welcome	Otc	Club Rm	
18:15 - 19:00	Group Cycling	Hec	Spin Area	
19:00 - 19:45	Core Stability	Scc	Studio 2	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:00 - 20:00	Running Club	Otc	Outside	
20:00 - 20:55	Body Jam	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:05 - 10:50	Total Body Workout	Hec	Studio 1	
10:50 - 11:35	JUKARI Fit to Flex	Otc	Studio 2	
11:35 - 12:30	Pilates	Hol	Studio 2	
18:00 - 18:30	Group Cycling	Hec	Spin Area	
18:00 - 18:45	Total Body Workout	Hec	Studio 2	
18:00 - 18:55	Body Jam	Dan	Studio 1	
18:45 - 19:30	Row Fit	Otc	Gym	
18:45 - 20:15	Iyengar Yoga	Hol	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio	
19:30 - 20:25	Lose & Shape Up	Otc	Club Rm	
20:00 - 20:45	Group Cycling	Hec	Spin Area	
20:00 - 20:55	Kettle Bell	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Spin Area	
09:15 - 10:45	Hatha Yoga	Hol	Studio 2	
09:35 - 10:20	Group Cycling	Hec	Spin Area	
09:35 - 10:20	Step	Hec	Studio 1	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:45 - 11:30	Mature Movers	Otc	Studio 2	
11:35 - 12:20	Stretch & Tone	Scc	Studio 2	
12:30 - 13:00	Group Exercise Welcome	Otc	Club Rm	
12:30 - 13:15	Aqua	Scc	Main Pool	
12:30 - 13:25	Lose & Shape Up	Otc	Club Rm	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 19:30	Hatha Yoga	Hol	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Spin Area	
18:15 - 19:10	Body Attack	Hec	Studio 1	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:15 - 20:10	Body Pump	Scc	Studio 1	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:25	Lose & Shape Up	Otc	Club Rm	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Balance	Hol	Studio 2	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:15	JUKARI Fit to Flex	Otc	Studio 2	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 1	
12:30 - 13:25	Lose & Shape Up	Otc	Club Rm	
18:00 - 18:30	Group Cycling	Hec	Spin Area	
18:00 - 18:55	Total Body Workout	Hec	Studio 2	
18:35 - 19:05	Body Pump Express	Scc	Studio 1	
19:00 - 19:55	Ballroom & Latin Dancing	Dan	Studio 2	
19:10 - 19:30	Abs & Stretch	Scc	Studio 1	
19:30 - 20:25	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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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Spin Area	
09:00 - 09:30	Group Cycling	Hec	Spin Area	
09:15 - 10:10	Body Balance	Hol	Studio 2	
09:35 - 10:30	Body Pump	Scc	Studio 1	
09:35 - 10:35	Beginners Jogging	Otc	Outside	
10:15 - 11:10	Body Vive	Scc	Studio 2	
10:35 - 11:20	Body Combat	Hec	Studio 1	
11:15 - 12:10	Pilates	Hol	Studio 2	
16:30 - 17:00	Group Cycling	Hec	Spin Area	
17:00 - 17:30	Row Fit	Otc	Gym	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:35 - 19:05	Core Stability	Scc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:20 - 10:15	Body Attack	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Area	
10:20 - 11:15	Body Combat	Hec	Studio & Studio 1	
11:20 - 12:20	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Tai Chi	Hol	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
16:00 - 17:00	Body Pump	Scc	Studio 1	
17:00 - 17:55	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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