DAVID LLOYD LEISURE - SOLIHULL CRANMORE - 0121 733 5300

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:30 - 10:25	Body Vive	Scc	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Spin Area	
10:30 - 10:50	Abs & Stretch	Scc	Gym	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Pilates Fitness	Hol	Studio 2	
11:30 - 12:00	Stretch & Tone	Scc	Studio 2	
11:30 - 12:25	Body Combat	Hec	Studio 1	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:00 - 19:00	Lose & Shape Up Seminar	Otc	Sports Bar	
18:15 - 19:00	Group Cycling	Hec	Spin Area	
18:30 - 19:00	ViPR Taster	Otc	Gym	
19:00 - 19:45	Core Stability	Scc	Studio 2	
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:00 - 20:55	Body Jam	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:30	Boxercise	Hec	Studio 1	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 1	
18:00 - 18:30	Group Cycling	Hec	Spin Area	
18:00 - 18:55	Body Jam	Dan	Studio 1	
18:30 - 19:00	Core Stability	Scc	Studio 2	
18:45 - 19:30	Row Fit	Otc	Gym	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 20:00	Iyengar Yoga	Hol	Studio 2	
19:00 - 20:00	Lose & Shape Up Course	Otc	Sports Bar	£
20:00 - 20:45	Group Cycling	Hec	Spin Area	
20:00 - 20:55	Kettle Bell	Scc	Studio 1	
20:00 - 21:00	Lose & Shape Up Course	Otc	Gym	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Spin Area	
09:10 - 10:40	Yoga	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Zumba	Dan	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:45 - 11:40	Pilates	Hol	Studio 2	
11:30 - 12:30	Boxercise	Hec	Studio 1	
11:45 - 12:15	Core Stability	Scc	Studio 2	
12:30 - 13:15	Aqua	Scc	Ind Pool	
17:30 - 18:00	Abs & Back	Scc	Studio 2	
18:00 - 18:30	Beginners Group Cycling	Hec	Spin Area	
18:00 - 19:30	Hatha Yoga	Hol	Studio 2	
18:15 - 19:10	Body Attack	Hec	Studio 1	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
18:30 - 19:15	Aqua	Scc	Ind Pool	
18:30 - 19:15	Group Cycling	Hec	Spin Area	
19:15 - 20:10	Body Pump	Scc	Studio 1	
19:35 - 20:30	Body Balance	Hol	Studio 2	
20:15 - 21:10	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Functional Conditioning	Scc	Studio 1	
11:30 - 12:00	ViPR Taster	Otc	Gym	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 18:55	Zumba	Dan	Studio 1	
18:30 - 19:00	Group Exercise Welcome	Otc	Sports Bar	
18:45 - 19:15	Core Stability	Scc	Studio 2	
19:00 - 20:00	Lose & Shape Up Course	Otc	Sports Bar	£
19:15 - 20:10	Functional Conditioning	Scc	Studio 2	
19:30 - 20:30	Boxercise	Hec	Studio 1	
20:00 - 21:00	Lose & Shape Up Course	Otc	Gym	£
20:15 - 21:10	Body Balance	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 JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Spin Area	
09:00 - 09:30	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:30 - 10:25	Body Vive	Scc	Studio 2	
10:00 - 11:00	Lose & Shape Up Seminar	Otc	Sports Bar	
10:30 - 11:00	Power Plate Taster	Otc	Gym	
10:30 - 11:25	Belly Dancing	Dan	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
11:00 - 12:00	Lose & Shape Up Course	Otc	Sports Bar	£
11:30 - 12:30	Pilates	Hol	Studio 1	
12:00 - 13:00	Lose & Shape Up Course	Otc	Gym	£
12:30 - 13:15	Aqua	Scc	Ind Pool	
17:30 - 18:15	Row Fit	Otc	Gym	
18:00 - 19:00	Boxercise	Hec	Studio 1	
18:30 - 19:00	Core Stability	Scc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	Core Stability	Scc	Studio 2	
09:30 - 10:00	TRX Taster	Otc	Gym	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:35 - 11:05	Iyengar Yoga	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:45 - 11:15	Group Exercise Welcome	Otc	Sports Bar	
11:35 - 12:30	Body Pump	Scc	Studio 1	
16:00 - 16:55	Family Zumba (11yrs +)	Dan	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Tai Chi	Hol	Studio 1	
09:15 - 10:00	Group Cycling	Hec	Spin Area	
10:00 - 10:55	Body Combat	Hec	Studio 1	
11:00 - 11:45	Body Conditioning	Scc	Studio 1	
16:00 - 16:55	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.

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
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