DAVID LLOYD LEISURE - SOLIHULL SOUTH - 0121 712 1601

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Dance Fit	Otc	Studio 1	
10:30 - 11:00	Adult Swim	Otc	Ind Pool	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:30	Pilates	Hol	Studio 1	
18:00 - 18:30	Group Exercise Welcome	Otc	Club Rm	
20:00 - 21:00	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Gym Area 1	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:35 - 11:05	Group Exercise Welcome	Otc	Club Rm	
10:40 - 11:55	Hatha Yoga	Hol	Studio 1	
17:30 - 18:00	Boot Camp	Hec	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Gym Area 1	
18:00 - 18:45	Body Attack	Hec	Studio 1	
18:45 - 19:15	Abs & Back	Scc		
18:45 - 19:30	Group Cycling	Hec	Gym Area 1	
19:15 - 20:00	Circuits	Hec		
20:05 - 20:50	Legs, Bums and Tums	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 07:45	Group Cycling	Hec	Gym Area 1	
09:30 - 10:15	Step	Hec	Studio 1	
10:15 - 11:10	Body Conditioning	Scc	Studio 1	
11:15 - 12:00	JUKARI Fit to Flex	Otc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Gym Area 1	
18:10 - 18:55	Step	Hec	Studio 1	
18:30 - 19:00	Group Cycling	Hec	Gym Area 1	
19:00 - 19:55	Body Conditioning	Scc	Studio 1	
20:00 - 21:00	Pilates	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Gym Area 1	
09:30 - 10:25	Tri Class	Hec	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 1	
11:45 - 12:30	Aqua	Scc	Main Pool	
12:30 - 13:00	Adult Swim	Otc	Ind Pool	
17:30 - 18:00	Abs & Back	Scc		
18:00 - 18:30	Adult Swim	Otc	Ind Pool	
18:00 - 18:30	Group Cycling	Hec	Gym Area 1	
18:00 - 19:00	Boxercise	Hec	Studio 1	
19:00 - 19:30	Running Club	Otc		
19:00 - 19:45	Aqua	Scc	Main Pool	
19:00 - 19:45	YogaMoves	Hol		
19:45 - 20:45	Body Pump	Scc	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
09:15 - 09:45	Abs & Back	Scc	Studio 1	
09:45 - 10:45	Body Pump	Scc	Studio 1	
10:45 - 11:30	Salsa Aerobics	Dan	Studio 1	
11:30 - 12:30	Pilates	Hol	Studio 1	
17:10 - 17:40	Group Cycling	Hec		
17:45 - 18:45	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Aqua	Scc	Main Pool	
09:15 - 10:00	Legs, Bums and Tums	Scc	Studio 1	
10:00 - 10:55	Step	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Gym Area 1	
11:00 - 12:00	Pilates	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:10	Body Attack	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Gym Area 1	
10:15 - 11:15	Body Conditioning	Scc	Studio 1	
11:15 - 12:15	Dynamic Yoga	Hol		
15:30 - 16:25	Lose & Shape Up Course	Otc	Studio 1	
16:30 - 17:30	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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