David Lloyd - Southend - 01702 520355

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Body Pump	Scc	Studio 1	*
09.30 - 10.30	Pilates	Hol	Studio 2	*
10.30 - 11.15	Keiser Cycling	Hec	Spin Studio	*
10.30 - 11.30	Aerotone	Scc	Studio 1	*S
11.30 - 12.30	Introduction to Yoga	Hol	Studio 2	
12.00 - 12.45	Aqua	Scc	Main Pool	S
12.30 - 13.30	Yoga	Hol	Studio 2	
18.00 - 18.25	Core Ball	Scc	Studio 1	
18.30 - 19.30	Body Pump	Scc	Studio 1	*
18.30 - 19.30	Keiser Cycling Advanced	Hec	Spin Studio	*A
19.30 - 20.30	Body Balance	Hol	Studio 2	
19.30 - 20.30	Body Attack	Hec	Studio 1	
20.30 - 21.30	Boxercise	Hec	Studio 1	
20.30 - 21.30	Swimming Club	Otc	Main Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Keiser Cycling	Hec	Spin Studio	
09.30 - 10.30	Legs, Bums & Tums	Scc	Studio1	
09.30 - 10.30	Keiser Cycling	Hec	Spin Studio	
09.45 - 10.30	Yoga	Hol	Studio 2	
10.30 - 11.30	Body Pump	Scc	Studio 1	
11.00 - 12.00	Pilates	Hol	Studio 2	
12.00 - 12.45	Aqua	Scc	Main Pool	S
18.00 - 18.25	Core Ball	Scc	Studio 1	
18.30 - 19.30	Body Pump	Scc	Studio 1	*
18.30 - 19.30	Keiser Cycling Advanced	Hec	Spin Studio	*A
19.30 - 20.30	Pilates	Hol	Studio 2	
19.30 - 20.30	Body Attack	Hec	Studio 1	
20.30 - 21.30	Legs, Bums & Tums	Scc	Studio 1	
20.30 - 21.30	Swimming Club	Otc	Main Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.45	Body Pump	Scc	Studio 1	
08.00 - 09.00	Body Vive	Scc	Studio 1	S
09.30 - 10.30	Total Body Workout	Hec	Studio 1	
09.30 - 10.15	Aqua	Scc	Main Pool	S
10.30 - 11.00	Line Dancing	Dan	Studio 1	S
10.30 - 11.30	Keiser Cycling Advanced	Hec	Spin Studio	A
11.00 - 12.00	Line Dancing	Dan	Studio 1	S
17.30 -18.30	Body Balance	Hol	Studio 2	
18.30 - 19.15	Keiser Cycling	Hec	Spin Studio	*
18.30 - 19.30	Yoga	Hol	Studio 2	*
18.30 - 19.30	Body Combat	Hec	Studio 1	*
19.00 - 19.45	Aqua	Scc	Main Pool	*S
19.30 - 20.30	Boot Camp	Hec	Studio 1	
19.30 - 20.30	Pilates	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.15	Aqua	Scc	Main Pool	*S
09.30 - 10.30	Step	Hec	Studio 1	*
09.30 - 10.30	Line Dancing	Dan	Studio 2	*S
10.30 - 11.30	Body Balance	Hol	Studio 2	*
10.30 - 11.30	Keiser Cycling Advanced	Hec	Spin Studio	*A
10.30 - 11.30	Body Pump	Scc	Studio 1	*
11.30 - 12.30	Body Vive	Scc	Studio 1	S
18.30 - 19.30	Body Combat	Hec	Studio 1	*
18.30 - 19.15	Keiser Cycling	Hec	Spin Studio	*
19.00 - 19.45	Aqua	Scc	Main Pool	S*
19.00 - 20.30	Karate	Hec	Studio 2	
19.30 - 20.15	Keiser Cycling	Hec	Spin Studio	
19.30 - 20.30	Team Sports Fit	Otc	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.30	Aerobics	Hec	Studio 1	*
09.30 - 10.30	Pilates	Hol	Studio 2	*
09.30 - 10.15	Keiser Cycling	Hec	Spin Studio	*
10.30 - 11.30	Aerotone	Scc	Studio 1	*S
10.30 - 11.30	Pilates	Hol	Studio 2	*
12.00 - 12.45	Aqua	Scc	Main Pool	S
18.00 - 18.25	Core Ball	Scc	Studio 1	*
18.30 - 19.30	Body Pump	Scc	Studio 1	*
18.30 - 19.30	Keiser Cycling Advanced	Hec	Spin Studio	*A

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15 - 10.15	Body Attack	Hec	Studio 1	
10.30 - 11.30	Body Pump	Scc	Studio 1	
10.30 - 11.30	Keiser Cycling	Hec	Spin Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30 - 09.30	Boot Camp	Hec	Studio 1	
09.00 - 10.00	Swimming Club	Otc	Main Pool	
09.30 - 10.30	Aerobics	Hec	Studio 1	*
09.30 - 10.30	Tai Chi	Hol	Studio 2	*
10.30 - 11.30	Body Combat	Hec	Studio 1	*
10.30 - 11.30	Keiser Cycling Advanced	Hec	Spin Studio	*A
10.45 - 11.30	Meditation	Hol	Studio 2	*
11.30 - 12.30	Body Pump	Scc	Studio 1	
11.30 - 12.30	Yoga	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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