DAVID LLOYD - STEVENAGE - 01438 847000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Cycle Area	
0930-1030	Body Pump	Scc	Studio	
1030-1115	RPM	Hec	Cycle Area	
1030-1130	Total Body Workout	Hec	Studio	S
1130-1230	Hula	Otc	Studio	
1300-1330	Group Exercise Welcome	Otc	Clubroom	
1400-1500	Pilates	Hol	Studio	
1800-1830	Keiser Cycling Express	Hec	Cycle Area	
1800-1900	Step	Hec	Studio	
1830-1850	Abs & Stretch	Scc	Gym	
1830-1930	Master Swim	Otc	Pool	A
1900-2000	Core Stability	Scc	Studio	
2000-2100	Aerotone	Scc	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Multi Circuits	Hec	Studio	
0930-1015	Keiser Cycling	Hec	Cycle Area	
0930-1030	Body Attack	Hec	Studio	
1030-1115	Aqua	Scc	Pool	S
1030-1130	Gym Floor Session	Otc	Gym	S
1030-1130	Body Conditioning	Scc	Studio	
1730-1800	Group Exercise Welcome	Otc	Clubroom	
1800-1900	Body Combat	Hec	Studio	
1900-1945	RPM	Hec	Cycle Area	
1900-2000	Pilates	Hol	Studio	
1900-2000	Lose & Shape Up	Otc	Gym	£,C
2015-2100	Boot Camp	Hec	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Cycle Area	
0930-1015	Keiser Cycling	Hec	Cycle Area	
0930-1030	Body Pump	Scc	Studio	
1030-1130	Body Combat	Hec	Studio	
1130-1230	Back Care Fit	Otc	Gym	
1130-1230	Pilates	Hol	Studio	
1800-1845	Keiser Cycling	Hec	Cycle Area	
1800-1900	Cardio Conditioning	Hec	Studio	
1900-2000	Body Sculpt	Scc	Studio	
2000-2130	Yoga	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Multi Circuits	Hec	Studio	
0930-1030	Body Jam	Dan	Studio	
1030-1130	Body Balance	Hol	Studio	
1130-1215	Aqua	Scc	Pool	S
1300-1320	Abs & Stretch	Scc	Gym	
1800-1900	Pilates	Hol	Studio	
1800-1900	Lose & Shape Up	Otc	Gym	£,C
1830-1915	Keiser Cycling	Hec	Cycle Area	
1830-1930	Master Swim	Otc	Pool	A
1900-2000	Body Attack	Hec	Studio	
1930-2015	Aqua	Scc	Pool	S
2000-2100	Body Jam	Dan	Studio	

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
DAVIDLLOYD.CO.UK

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800	Body Pump	Scc	Studio	
0930-1030	RPM	Hec	Cycle area	
0930-1030	Step	Hec	Studio	
1030-1130	Body Conditioning	Scc	Studio	
1130-1230	Abs & Stretch	Scc	Studio	
1800-1845	Keiser Cycling	Hec	Cycle area	
1800-1900	Street Dance	Dan	Studio	£,C
1900-2000	Belly Dancing	Dan	Studio	£,C

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Pump	Scc	Studio	
0930-1030	Keiser Cycling & Abs	Hec	Cycle Area	
1030-1130	Step	Hec	Studio	
1130-1230	Pilates	Hol	Studio	
1630-1730	Ballroom and Latin Dancing	Dan	Studio	£,C

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1000	Pilates	Hol	Studio	
1000-1100	Step	Hec	Studio	
1015-1100	Keiser Cycling	Hec	Cycle Area	
1100-1200	Body Combat	Hec	Studio	
1200-1330	Yoga	Hol	Studio	

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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