DAVID LLOYD LEISURE - STEVENAGE - 0143 884 7000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Area	
09:30 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:15	Group Cycling	Hec	Spin Area	
10:30 - 11:30	Lose & Shape Up	Otc	Gym	£
10:30 - 11:30	Total Body Workout	Hec	Studio	
11:30 - 12:30	Zumba	Dan	Studio	
14:00 - 15:00	Pilates	Hol	Studio	
18:00 - 18:30	Beginners Group Cycling	Hec	Spin Area	
18:00 - 19:00	Step	Hec	Studio	
18:30 - 18:50	Abs & Stretch	Scc	Gym	
18:30 - 19:30	Master Swim	Otc	Main Pool	
19:00 - 19:45	Core Stability	Scc	Studio	
19:30 - 20:30	Power Plate Taster	Otc	Gym	
20:00 - 21:00	Body Conditioning	Scc	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Studio	
09:30 - 10:30	Body Balance	Hol	Studio	
10:30 - 11:15	Aqua	Scc	Main Pool	
10:30 - 11:30	Gym Floor Session	Otc	Gym	
10:45 - 11:45	Zumba	Dan	Studio	
18:00 - 19:00	Body Combat	Hec	Studio	
19:00 - 20:00	Pilates	Hol	Studio	
19:30 - 20:30	Lose & Shape Up	Otc	Gym	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Area	
09:30 - 10:15	Group Cycling	Hec	Spin Area	
09:30 - 10:30	Body Jam	Dan	Studio	
10:15 - 11:00	Aqua	Scc	Main Pool	
10:30 - 11:30	Body Combat	Hec	Studio	
10:30 - 11:30	Lose & Shape Up	Otc	Gym	£
11:30 - 12:30	Pilates	Hol	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:00 - 19:00	Body Combat	Hec	Studio	
19:00 - 20:00	Body Conditioning	Scc	Studio	
20:00 - 21:30	Yoga	Hol	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Studio	
09:30 - 10:30	Body Pump	Scc	Studio	
09:30 - 10:30	Power Plate Taster	Otc	Gym	
10:30 - 11:30	Body Balance	Hol	Studio	
11:30 - 12:15	Aqua	Scc	Main Pool	
11:30 - 12:30	Yoga	Hol	Studio	
12:45 - 13:30	Abs & Stretch	Scc	Gym	
16:30 - 17:15	Gym Floor Session	Otc	Gym	
18:00 - 19:00	Pilates	Hol	Studio	
18:30 - 19:15	Group Cycling	Hec	Spin Area	
18:30 - 19:30	Master Swim	Otc	Main Pool	
19:15 - 20:00	Boot Camp	Hec	Studio	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:30	Lose & Shape Up	Otc	Gym	£
20:00 - 21:00	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
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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio	
09:30 - 10:30	Step	Hec	Studio	
10:30 - 11:30	Body Conditioning	Scc	Studio	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Area	
18:30 - 19:30	Zumba	Dan	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Studio	
10:00 - 11:00	Step	Hec	Studio - Part A	
10:15 - 11:00	Group Cycling	Hec	Spin Area	
11:00 - 12:00	Body Combat	Hec	Studio - Part A	
12:00 - 13:30	Yoga	Hol	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling & Abs	Otc	Spin Area - Part A	
09:30 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:30	Step	Hec	Studio	
11:30 - 12:30	Pilates	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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