DAVID LLOYD - SUDBURY HILL - 0208 422 7777

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Group Cycling	Hec	Cycle Zone	
0745-0800	Abs & Back	Scc	Gym Floor	
1000-1045	Group Cycling	Hec	Cycle Zone	
1000-1100	Legs, Bums & Tums	Scc	Studio 1	
1100-1145	Aqua	Scc	Pool	
1100-1200	Salsa Aerobics	Dan	Studio 1	
1300-1330	Power Plate	Scc	Gym Floor	C £
1330-1430	Hatha Yoga	Hol	Studio 1	
1730-1830	Body Pump	Scc	Studio 1	
1830-1930	Salsa Belly Dance	Dan	Studio 2	
1830-2000	Yoga	Hol	Studio 1	
1900-1945	Group Cycling	Hec	Cycle Zone	
1900-1930	Power Plate	Scc	Gym Floor	C £
1930-2030	Pilates	Hol	Studio 2	
1945-2000	Abs & Back	Scc	Gym Floor	
2000-2100	Body Jam	Dan	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0800	Body Pump	Scc	Studio 1	
0930-1015	Group Cycling	Hec	Cycle Zone	
0945-1045	Body Sculpt	Scc	Studio 1	
1015-1030	Abs & Back	Scc	Gym Floor	
1100-1145	Aqua	Scc	Pool	
1100-1200	Back Care Fit	Otc	Studio 2	
1215-1300	Power Walking	Hec	Reception	
1400-1500	Thai Yoga	Hol	Studio 1	
1800-1900	Thai Yoga	Hol	Studio 1	
1815-1900	Group Cycling	Hec	Cycle Zone	
1830-1900	Power Plate	Scc	Gym Floor	C £
1900-2000	Multi Circuits	Hec	Studio 2	
1905-2005	Aerobics	Hec	Studio 1	
1915-2000	Aqua	Scc	Pool	
2000-2015	Abs & Back	Scc	Gym Floor	
2005-2105	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Group Cycling	Hec	Cycle Zone	
0700-0745	Hatha Yoga	Hol	Studio 2	
0745-0800	Abs & Back	Scc	Gym Floor	
0930-1015	Group Cycling	Hec	Cycle Zone	
0945-1045	Total Body Workout	Hec	Studio 1	
1100-1200	Hatha Yoga	Hol	Studio 1	
1100-1200	Ski Fit	Otc	Gym Floor	C
1100-1145	Aqua	Scc	Pool	
1330-1430	Back Care Fit	Otc	Studio 1	
1815-1900	Core Stability	Scc	Studio 1	
1830-1930	Lose & Shape Up	Otc	Studio 2	C £
1900-2000	Step	Hec	Studio 1	
1915-2000	Group Cycling	Hec	Cycle Zone	
2000-2100	Body Pump	Scc	Studio 1	
2000-2045	Legs, Bums & Tums	Scc	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Group Cycling	Hec	Cycle Zone	
0930-1015	Group Cycling	Hec	Cycle Zone	
1030-1130	Body Pump	Scc	Studio 1	
1145-1245	Body Balance	Hol	Studio 1	
1300-1345	Easyline Gym Class	Scc	Gym Floor	
1330-1430	Yoga	Hol	Studio 1	
1800-1900	Lose & Shape Up	Otc	Studio 2	C £
1815-1845	Body Sculpt	Scc	Studio 1	
1845-1915	Core Stability	Scc	Studio 1	
1900-2000	Yoga	Hol	Studio 2	
1930-2015	Group Cycling	Hec	Cycle Zone	
1930-2030	Body Combat	Hec	Studio 1	
2015-2030	Abs & Back	Scc	Gym Floor	
2030-2130	Multi Circuits	Hec	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
0700-0745	Group Cycling	Hec	Cycle Zone	
0745-0800	Abs & Back	Scc	Gym Floor	
1000-1100	Body Combat	Hec	Studio 1	
1000-1100	Back Care Fit	Otc	Studio 2	
1015-1100	Group Cycling	Hec	Cycle Zone	
1100-1200	Body Balance	Hol	Studio 1	
1130-1215	Aqua	Scc	Pool	
1210-1255	Total Body Workout	Hec	Studio 1	
1300-1400	Dynamic Yoga	Hol	Studio 1	
1830-1915	Group Cycling	Hec	Cycle Zone	
1915-1930	Abs & Back	Scc	Gym Floor	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015	Group Cycling	Hec	Cycle Zone	*
0930-1030	Step	Hec	Studio 1	*
0930-1030	Group Exercise Welcome	Otc	Club Room	*
1030-1115	Group Cycling	Hec	Club Room	*
1030-1130	Body Combat	Hec	Studio 1	*
1030-1130	Body Balance	Hol	Studio 1	*
1115-1130	Abs & Back	Scc	Gym Floor	*
1130-1230	Body Pump	Scc	Studio 1	*
1500-1600	Dance with David Lloyd	Dan	Studio 1	C £
1600-1700	Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0800-0900	Hatha Yoga	Hol	Studio 1	
0930-1030	Aerobics	Hec	Studio 1	*
1045-1145	Body Pump	Scc	Studio 1	*
1100-1230	Ashtanga Yoga	Hol	Studio 2	*
1130-1215	Aqua	Scc	Pool	*
1230-1315	Group Cycling	Hec	Cycle Zone	*
1615-1715	Multi Circuits	Hec	Studio 1	
1715-1815	Group Cycling	Hec	Cycle Zone	

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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