DAVID LLOYD LEISURE - SUDBURY HILL - 0208 422 7777

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Zumba	Dan	Studio 1	
12:00 - 12:55	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
07:00 - 07:45	Hatha Yoga	Hol	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:45 - 10:40	Total Body Workout	Hec	Studio 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Hatha Yoga	Hol	Studio 1	
12:00 - 13:00	Salsa Aerobics	Dan	Studio 1	
18:15 - 19:00	Core Stability	Scc	Studio 1	
18:30 - 19:30	Lose & Shape Up Course	Otc	Studio 2	
19:00 - 19:55	Step	Hec	Studio 1	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
20:00 - 20:55	Body Pump	Scc	Studio 1	
20:00 - 20:55	Legs, Bums and Tums	Scc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:45 - 10:40	Total Body Workout	Hec	Studio 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Fit Zone	Otc	Studio 1	
12:00 - 13:00	Lose & Shape Up Course	Otc	Studio 1	
12:15 - 13:15	Power Walking	Hec	Rec	
14:00 - 14:55	Tai Chi	Hol	Studio 2	
18:00 - 18:55	Tai Chi	Hol	Studio 1	
18:15 - 18:45	ViPR Course	Otc	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Aerobics	Hec	Studio 1	
19:00 - 20:00	Multi Circuits	Hec	Studio 2	
19:15 - 20:00	Aqua	Scc	Main Pool	
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	Pilates	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	JUKARI Fit to Flex	Otc	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Body Balance	Hol	Studio 1	
13:30 - 14:25	Yoga	Hol	Studio 1	
18:00 - 19:00	Lose & Shape Up Course	Otc	Gym Area 1	
18:30 - 19:30	JUKARI Fit to Flex	Otc	Studio 1	
19:00 - 19:55	Yoga	Hol	Studio 2	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Body Combat	Hec	Studio 1	
20:30 - 21:25	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 10:55	Fit Zone	Otc	Studio 2	
11:00 - 11:55	Body Balance	Hol	Studio 1	
11:30 - 12:15	Aqua	Scc	Main Pool	
12:10 - 12:55	Total Body Workout	Hec	Studio 1	
13:00 - 13:55	Yoga	Hol	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:55	Hatha Yoga	Hol	Studio 1	
09:30 - 10:25	Aerobics	Hec	Studio 1	
10:45 - 11:40	Body Pump	Scc	Studio 1	
11:00 - 12:30	Yoga	Hol	Studio 2	
11:30 - 12:15	Aqua	Scc	Main Pool	
12:15 - 12:45	Aqua	Scc	Pool	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
16:15 - 17:10	Boot Camp	Hec	Rec	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Zumba	Dan	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
11:00 - 11:30	Power Plate Taster	Otc	Gym	
11:30 - 12:00	Power Plate	Otc	Gym	£
11:30 - 12:25	Body Pump	Scc	Studio 1	
16:00 - 16:55	Kundalini Yoga	Hol	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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