# DAVID LLOYD - SWINDON - 01793 746560

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0700-0730 | RPM Express | Hec | Keiser Studio | |
| 0935-1020 | Keiser Cycling | Hec | Keiser Studio | * |
| 0935-1030 | Body Pump | Scc | Studio 1 | * |
| 0935-1030 | Body Vive | Scc | Studio 2 | * S |
| 1035-1120 | Aqua | Scc | Pool | * S |
| 1035-1130 | Step | Hec | Studio 1 | * |
| 1035-1130 | Body Balance | Hol | Studio 2 | * |
| 1135-1200 | Coffee Club | Otc | Club Room | |
| 1700-1745 | RPM | Hec | Keiser Studio | * |
| 1800-1845 | Group Exercise Welcome | Otc | Club Room | * |
| 1800-1845 | Keiser Cycling | Hec | Keiser Studio | * |
| 1800-1855 | Body Combat | Hec | Studio 1 | * |
| 1800-1855 | Adult Netball | Otc | Sports Hall | * |
| 1900-1945 | RPM | Hec | Keiser Studio | |
| 1900-1955 | Aerobics | Hec | Studio 1 | |
| 1900-1955 | Body Balance | Hol | Studio 2 | |
| 1900-1955 | Triathlon Fit | Otc | Club Room | |
| 2000-2045 | Functional Conditioning | Scc | Studio 1 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0700-0745 | Keiser Cycling Express | Hec | Keiser Studio | |
| 0935-1020 | RPM | Hec | Keiser Studio | * |
| 0935-1030 | Aerobics | Hec | Studio 1 | * |
| 1035-1130 | Body Pump | Scc | Studio 1 | * |
| 1035-1130 | Body Vive | Scc | Studio 2 | * S |
| 1200-1230 | Group Exercise Welcome | Otc | Club Room | |
| 1635-1720 | Swiss Ball | Scc | Studio 2 | * |
| 1800-1855 | Body Pump | Scc | Studio 1 | |
| 1900-1945 | Keiser Cycling | Hec | Keiser Studio | |
| 1900-1955 | Body Attack | Hec | Studio 1 | |
| 1900-1955 | Triathlon Fit | Otc | Pool | |
| 2000-2045 | Salsa Dancing | Dan | Studio 1 | S |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Beginners Group Cycling | Hec | Keiser Studio | |
| 0935-1030 | Body Combat | Hec | Studio 1 | |
| 1035-1130 | Pilates Fitness | Hol | Studio 2 | S |
| 1635-1730 | Body Balance | Hol | Studio 2 | * |
| 1800-1845 | RPM | Hec | Keiser Studio | |
| 1800-1845 | Aqua | Scc | Pool | S |
| 1900-1955 | Step | Hec | Studio 1 | |
| 1900-1955 | Pilates Fitness | Hol | Studio 2 | S |
| 2000-2055 | Body Pump | Scc | Studio 1 | |
| 2000-2055 | Adult Swim | Otc | Pool | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Keiser Cycling | Hec | Keiser Studio | |
| 0935-1030 | Step | Hec | Studio 1 | |
| 1035-1130 | Body Attack | Hec | Studio 1 | |
| 1035-1130 | Body Balance | Hol | Studio 2 | |
| 1700-1755 | Body Pump | Scc | Studio 1 | * |
| 1800-1845 | Keiser Cycling | Hec | Keiser Studio | |
| 1800-1855 | Body Combat | Hec | Studio 1 | |
| 1900-1955 | Body Pump | Scc | Studio 1 | |
| 1900-1955 | Body Balance | Hol | Studio 2 | |
| 1900-1955 | Triathlon Fit | Otc | Keiser 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

# DAVID LLOYD - SWINDON - 01793 746560

## EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0700-0730 | RPM Express | Hec | Keiser Studio | |
| 0935-1030 | Body Pump | Scc | Studio 1 | * |
| 0935-1030 | Pilates Fitness | Hol | Studio 2 | * |
| 1035-1130 | Salsa Dancing | Dan | Studio 1 | * |
| 1135-1220 | Aqua | Scc | Pool | |
| 1635-1730 | Body Balance | Hol | Studio 2 | * |
| 1800-1845 | RPM | Hec | Keiser Studio | |
| 1800-1855 | Body Attack | Hec | Studio 1 | |
| 1900-1955 | Adult Football | Otc | Sports Hall | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Keiser Cycling | Hec | Keiser Studio | * |
| 0935-1030 | Body Attack | Hec | Studio 1 | * |
| 0935-1030 | Yoga | Hol | Studio 2 | * |
| 1035-1130 | Body Pump | Scc | Studio 1 | * |
| 1700-1745 | RPM | Hec | Keiser Studio | |
| 1800-1855 | Body Pump | Scc | Studio 1 | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 0935-1020 | Swiss Ball | Scc | Studio 2 | * S |
| 0935-1030 | Body Combat | Hec | Studio 1 | * |
| 0935-1030 | Beginners Jogging | Otc | Club Room | * |
| 1035-1120 | Keiser Cycling | Hec | Keiser Studio | * |
| 1035-1130 | Body Pump | Scc | Studio 1 | * |
| 1035-1130 | Body Balance | 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.

### 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