DAVID LLOYD LEISURE - SWINDON - 01793 746 560

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec		
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:35 - 11:30	Body Balance	Hol	Mind & Body Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Studio	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Body Balance	Hol	Mind & Body Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Beginners Group Cycling	Hec	Spin Studio	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:35 - 11:30	Pilates Fitness	Hol	Mind & Body Studio	
11:00 - 11:30	Power Plate Taster	Otc		
16:35 - 17:30	Body Balance	Hol	Mind & Body Studio	
18:00 - 18:45	Aqua	Scc	Ind Pool	
18:00 - 18:45	RPM	Hec		
18:00 - 19:00	Total Body Workout	Hec	Studio 1	
19:00 - 19:55	Pilates Fitness	Hol	Mind & Body Studio	
19:00 - 19:55	Step	Hec	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc		£
20:00 - 20:55	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec		
09:35 - 10:20	RPM	Hec		
09:35 - 10:30	Aerobics	Hec	Studio 1	
10:35 - 11:20	JUKARI Fit to Flex	Otc	Mind & Body Studio	
10:35 - 11:30	Body Pump	Scc	Studio 1	
12:00 - 12:45	Group Exercise Welcome	Otc	Club Rm	
17:00 - 17:45	Core Stability	Scc	Studio 1	
18:00 - 18:45	Beginners Group Cycling	Hec	Spin Studio	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Yoga	Hol	Mind & Body Studio	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Triathlon Class	Otc	Ind Pool	
20:00 - 20:30	JUKARI Fit to Flex	Otc		
20:30 - 21:15	Salsa Dancing	Dan	Mind & Body Studio - Part A	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec		
09:35 - 10:30	Step	Hec	Studio 1	
10:35 - 11:20	Functional Conditioning	Scc	Studio 1	
10:35 - 11:30	Body Balance	Hol	Mind & Body Studio	
17:00 - 17:55	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Spin Studio	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Body Balance	Hol	Mind & Body Studio	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:00 - 20:00	Triathlon Class	Otc	Spin 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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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	RPM Express	Hec	Spin Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
09:35 - 10:30	Pilates Fitness	Hol	Mind & Body Studio	
10:35 - 11:20	Salsa Dancing	Dan	Studio 1	
11:35 - 12:20	Aqua	Scc	Ind Pool	
16:35 - 17:30	Body Balance	Hol	Mind & Body Studio	
17:30 - 18:00	ViPR Taster	Otc		
18:00 - 18:45	RPM	Hec	Spin Studio	
18:00 - 19:00	Body Attack	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Core Stability	Scc	Mind & Body Studio	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Spin Studio	
10:35 - 11:30	Body Balance	Hol	Mind & Body Studio	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:30 - 12:00	JUKARI Fit to Flex	Otc		

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec		
09:35 - 10:30	Yoga	Hol	Mind & Body Studio	
09:35 - 10:35	Body Attack	Hec	Studio 1	
10:35 - 11:30	Body Pump	Scc	Studio 1	
17:00 - 17:45	RPM	Hec	Spin Studio	
18:00 - 18:55	Body Pump	Scc	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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