DAVID LLOYD LEISURE - SWINDON - 01793 746 560

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	RPM Express	Hec	Spin Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
09:35 - 10:20	Mature Movers	Otc	Mind & Body Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:35 - 11:20	Aqua	Scc	Ind Pool	
10:35 - 11:30	Body Balance	Hol	Mind & Body Studio	
10:35 - 11:30	Step	Hec	Studio 1	
11:35 - 12:20	Coffee Club	Otc		
17:30 - 18:15	JUKARI Fit to Flex	Otc	Mind & Body Studio	
17:30 - 18:15	RPM	Hec	Spin Studio	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:15	Group Exercise Welcome	Otc	Club Rm	
19:00 - 19:55	Body Balance	Hol	Mind & Body Studio	
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:00 - 21:00	Triathlon Class	Otc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:35 - 11:30	Pilates Fitness	Hol	Mind & Body Studio	
10:35 - 11:35	Zumba	Dan	Studio 1	
17:30 - 18:25	Body Balance	Hol	Mind & Body Studio	
17:30 - 18:25	Circuits	Hec	Studio 1	
18:00 - 18:45	Aqua	Scc	Ind Pool	
18:30 - 19:15	RPM	Hec	Spin Studio	
18:30 - 19:25	Step	Hec	Studio 1	
19:00 - 19:55	Pilates Fitness	Hol	Mind & Body Studio	
19:00 - 20:00	Lose & Shape Up	Otc	Creche	£
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:30	Adult Football	Otc	Bad Crt 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:35 - 10:20	RPM	Hec		
09:35 - 10:20	Salsa Dancing	Dan		
10:35 - 11:20	Functional Conditioning	Scc	Studio 1	
10:35 - 11:20	JUKARI Fit to Flex	Otc	Mind & Body Studio	
12:30 - 13:15	Group Exercise Welcome	Otc	Club Rm	
17:30 - 18:15	Core Stability	Scc	Mind & Body Studio	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:25	Yoga	Hol	Mind & Body Studio	
19:00 - 20:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Triathlon Class	Otc	Ind Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	RPM	Hec	Spin Studio	
09:35 - 10:30	Step	Hec	Studio 1	
10:35 - 11:30	Body Balance	Hol	Mind & Body Studio	
10:35 - 11:30	Body Combat	Hec	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Spin Studio	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:30 - 19:30	Adult Football	Otc	Bad Crt 1	
18:30 - 19:30	Adult Football	Otc	Bad Crt 1	
19:30 - 20:25	Body Balance	Hol	Mind & Body Studio	
20:00 - 21:00	Lose & Shape Up	Otc	Creche	£

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 JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	RPM Express	Hec	Spin Studio	
09:35 - 10:20	Group Cycling	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	Aqua	Scc	Ind Pool	
10:35 - 11:35	Zumba	Dan	Studio 1	
17:30 - 18:15	RPM	Hec	Spin Studio	
17:30 - 18:25	Body Balance	Hol	Mind & Body Studio	
18:30 - 19:15	Core Stability	Scc	Mind & Body Studio	
18:30 - 19:30	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Body Combat	Hec	Studio 1	
09:35 - 10:20	Core Stability	Scc	Mind & Body Studio	
09:35 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:25	Body Balance	Hol	Mind & Body Studio	
10:35 - 11:20	Group Cycling	Hec	Spin Studio	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:45 - 12:15	Family Circuits	Otc	Bad Crt 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
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	
11:45 - 12:40	Boxercise	Hec	Studio 1	
17:00 - 17:45	RPM	Hec	Spin 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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