DAVID LLOYD - TEESSIDE - 01642 632 100

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.30	Keiser Cycling Express	Hec	Studio 3	
08.00 - 09.00	Tai Chi	Hol	Studio 2	
09.30 - 10.15	Pilates	Hol	Studio 2	
09.45 - 10.15	Body Attack Express	Hec	Studio 1	
10.15 - 11.00	Gliding	Otc	Studio 1	
10.30 - 11.30	Pilates	Hol	Studio 2	
11.00 - 12.00	Body Pump	Scc	Studio 1	
12.00 - 12.30	Keiser Cycling Express	Hec	Studio 3	
12.30 - 13.15	Aqua	Scc	Pool	
14.00 - 16.00	Senior Conditioning	Scc	Studio 1	
16.30 - 17.15	Core Stability	Scc	Studio 1	
17.45 - 18.30	Body Pump	Scc	Studio 1	*
18.00 - 19.30	Lose & Shape Up	Otc	Studio 2	£ C
18.00 - 18.30	Group Exercise Welcome	Otc	Club Room	
18.30 - 19.30	Body Combat	Hec	Studio 1	*
19.30 - 20.30	Pilates	Hol	Studio 2	
19.45 - 20.45	Keiser Cycling	Hec	Studio 3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00 - 07.30	Keiser Cycling Express	Hec	Studio 3	
09.30 - 10.00	Keiser Cycling Express	Hec	Studio 3	
09.30 - 10.30	Body Balance	Hol	Studio 2	
09.30 - 10.00	Swiss Ball	Scc	Studio 1	
10.00 - 11.00	Aerobics	Hec	Studio 1	
11.00 - 11.45	Legs, Bums & Tums	Scc	Studio 2	
11.00 - 11.30	Body Attack	Hec	Studio 1	
12.00 - 12.45	Keiser Cycling	Hec	Studio 3	
12.00 - 13.00	Salsa Dancing	Dan	Studio 1	
12.30 - 13.15	Aqua	Scc	Pool	
14.00 - 15.00	Senior Club	Otc	tennis Court 7	
17.30 - 18.00	Body Attack Express	Hec	Studio 1	*
17.30 - 18.30	Pilates	Hol	Studio 2	*
18.00 - 18.30	Gliding	Otc	Studio 1	*
18.30 - 19.30	Body Balance	Hol	Studio 2	*
18.30 - 19.30	Body Pump	Scc	Studio 1	*
19.30 - 21.00	Tai Chi	Hol	Studio 2	
19.30 - 20.15	Keiser Cycling	Hec	Studio 3	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.00	Core Stability	Scc	Studio 1	
09.45 - 11.00	Yoga	Hol	Studio 2	
10.00 - 11.00	Running Club	Otc	Outside	
10.00 - 11.00	Body Combat	Hec	Studio 1	
11.00 - 12.15	Yoga	Hol	Studio 2	
11.00 - 12.00	Keiser Cycling	Hec	Studio 3	
11.00 - 11.45	Body Pump	Scc	Studio 1	
12.15 - 13.00	Aqua	Scc	Pool	
15.00 - 16.00	Tai Chi	Hol	Studio 2	
17.15 - 18.00	Training Club	Otc	Studio 1	*
17.45 - 18.45	Body Balance	Hol	Studio 2	
18.00 - 19.00	Step	Hec	Studio 1	*
19.00 - 20.00	Pilates	Hol	Studio 2	
19.00 - 20.00	Boxercise	Hec	Studio 1	
19.45 - 20.30	Keiser Cycling	Hec	Studio 3	
20.15 - 21.15	Master Swim	Otc	Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 10.00	Core Stability	Scc	Studio 1	
10.00 - 11.00	Step	Hec	Studio 1	
10.00 - 11.00	Running Club	Otc	Outside	
10.00 - 11.30	Yoga	Hol	Studio 2	
11.00 - 12.00	Body Pump	Scc	Studio 1	
11.30 - 13.00	Yoga	Hol	Studio 2	
12.00 - 13.00	Keiser Cycling	Hec	Studio 3	
13.00 - 14.00	Pilates	Hol	Studio 2	
17.45 - 18.30	Body Pump	Scc	Studio 1	*
17.45 - 18.45	Tai Chi	Hol	Studio 2	
18.30 - 19.30	Body Combat	Hec	Studio 1	
18.45 - 19.45	Ballroom and Latin Dancing	Dan	Studio 2	

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
06.45 - 07.30	Keiser Cycling	Hec	Studio 3	
09.30 - 10.15	Body Combat	Hec	Studio 1	
10.15 - 11.15	Total Body Workout	Hec	Studio 1	
10.30 - 11.30	Ballroom and Latin Dancing	Dan	Studio 2	
11.15 - 11.45	Body Attack Express	Hec	Studio 1	
12.00 - 12.45	Aqua	Scc	Pool	
14.00 - 16.00	Senior Conditioning	Scc	Studio 1	
18.00 - 19.00	Body Pump	Scc	Studio 1	*

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.00	Training Club	Otc	Studio 1	*
11.00 - 12.00	Body Combat	Hec	Studio 1	*
11.00 - 12.00	Pilates	Hol	Studio 2	*
12.00 - 13.00	Body Balance	Hol	Studio 2	*
12.00 - 13.00	Keiser Cycling	Hec	Studio 3	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00 - 10.00	Pilates	Hol	Studio 2	
09.30 - 10.30	Body Pump	Scc	Studio 1	
10.30 - 11.30	Keiser Cycling	Hec	Studio 3	
10.30 - 12.00	Boxing Fit	Otc	Studio 1	
12.00 - 14.00	Karate	Hec	Studio 1	£
16.00 - 17.00	Body Combat	Hec	Studio 1	
17.00 - 18.00	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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