DAVID LLOYD - WARRINGTON - 01925 258300

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec	Cycle area	
09.30-10.25	Aerobics	Hec	Main Studio	
10.00-10.55	Senior Conditioning	Scc	Gym	s
10.00-10.55	Tai Chi	Hol	Mind and Body	
10.30-11.25	Body Pump	Scc	Main Studio	
17.45-18.00	Introduction to Body Pump	Scc	Main Studio	
18.00-18.55	Body Pump	Scc	Main Studio	*
18.10-18.55	Keiser Cycling	Hec	Cycle area	*
19.00-19.55	Kick Boxing	Hec	High 5 area	*
19.00-19.55	Running Club	Otc	Gym	*
19.00-20.10	Vinyasa Yoga	Hol	Mind and Body	*
19.00-19.55	Lose & Shape Up	Otc	Chesire Suite	*£c
19.00-19.55	Body Step	Hec	Main Studio	*
19.00-19.55	Triathlon Fit	Otc	Gym	*
20.00-21.00	Pilates	Hol	Main Studio	
20.00-20.30	Swim Fit	Otc	Pool	£
20.30-21.00	Swim Fit	Otc	Pool	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.25	Step	Hec	Main Studio	
09.30-10.10	Keiser Cycling	Hec	Cycle Area	
10.15-10.30	Power Plate	Scc	Gym	
10.30-11.25	Legs, Bums & Tums	Scc	Main Studio	
10.30-11.25	Body Balance	Hol	Mind and Body	
11.30-12.00	Body Pump Express	Scc	Main Studio	
12.15-12.45	Pre & Post Natal	Otc	Main Studio	*
18.00-18.30	Introduction to Keiser Cycling	Hec	Cycle Area	*
18.00-18.55	Body Combat	Hec	Main Studio	*
19.00-19.55	Body Pump	Scc	Main Studio	*
20.00-21.15	Yoga	Hol	Mind and Body	
20.00-21.00	Body Jam	Dan	Main Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Cycle Aea	
09.30-10.25	Body Attack	Hec	Main Studio	
10.00-11.15	Yoga	Hol	Mind and Body	
10.30-11.25	Body Vive	Scc	Main Studio	
11.45-12.30	Aqua	Scc	Pool	
12.45-12.30	Pre & Post Natal Aqua	Scc	Pool	
17.45-18.00	Introduction to Body Step	Hec	Main Studio	*
18.00-18.55	Body Step	Hec	Main Studio	*
19.00-19.45	Legs, Bums & Tums	Scc	Main Studio	
19.00-19.55	Keiser Cycling	Hec	Cycle Aea	
19.00-20.10	Yoga	Hol	Mind and Body	
19.30-20.15	Aqua	Scc	Pool	
20.00-21.00	Ski Fit	Otc	Main Studio	
20.15-21.15	Body Balance	Hol	Mind and Body	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Cycle Area	
07.30-07.45	Power Plate	Scc	Gym	
09.30-10.25	Body Combat	Hec	Main Studio	
10.00-11.00	Senior Conditioning	Scc	Gym	s
10.15-11.15	Body Vive	Scc	Mind and Body	
10.30-11.25	Body Pump	Scc	Main Studio	
11.30-12.15	Aqua	Scc	Pool	
12.30-13.00	Group Exercise Welcome	Otc	Gym	
17.45-17.55	Introduction to Body Attack	Hec	Main Studio	
18.00-18.55	Body Attack	Hec	Main Studio	*
19.00-19.55	Lose & Shape Up	Otc	Mind and Body	£c
19.00-19.55	Circuits	Hec	Main Studio	
20.00-20.30	Power Plate	Scc	Gym	
20.00-20.55	YogaMoves	Hol	Mind and Body	

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 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.00	Keiser Cycling Express	Hec	Cycle studio	
09.30-10.25	Body Balance	Hol	Mind and Body	
09.30-10.25	Body Step	Hec	Main Studio	
10.00-10.15	Core Stability	Scc	Squash Court	
10.15-11.15	Senior Conditioning	Scc	Gym	s
10.30-11.25	Body Conditioning	Scc	Main Studio	
17.30-17.55	Group Exercise Welcome	Otc	Gym	
18.00-18.55	Body Balance	Hol	Mind and Body	*
18.00-18.55	Keiser Cycling	Hec	Cycle studio	*
19.00-19.45	Core Stability	Scc	Main Studio	
19.45-20.00	Power Plate	Scc	Gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.55	Body Attack	Hec	Main Studio	*
11.00-11.45	Keiser Cycling	Hec	Cycle Area	*
11.00-11.55	Legs, Bums & Tums	Scc	Main Studio	*
12.00-12.55	Body Jam	Dan	Main Studio	
14.30-15.30	Karate	Hec	Main Studio	
18.00-18.55	Body Balance	Hol	Main Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Body Combat Express	Hec	Main Studio	*
10.00-10.55	Circuits	Hec	Main Studio	*
11.00-11.55	Keiser Cycling	Hec	Cycle Area	*
11.00-11.55	Body Step	Hec	Main Studio	*
12.00-12.55	Body Pump	Scc	Main Studio	
13.00-13.55	Pilates	Hol	Main 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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