DAVID LLOYD LEISURE - WARRINGTON - 0192 525 8300

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Aerobics	Hec	Main Studio	
10:00 - 10:55	Tai Chi	Hol	Mind & Body Studio	
10:00 - 11:00	Senior Multi Circuits	Hec	Sq Crt TWO	
10:30 - 11:25	Body Pump	Scc	Main Studio	
11:00 - 11:55	Tai Chi	Hol	Mind & Body 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	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Body Step	Hec	Main Studio	
19:00 - 19:55	Kick Boxing	Hec	Mind & Body Studio	
20:00 - 20:55	Pilates	Hol	Main Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Attack	Hec	Main Studio	
10:00 - 11:30	Yoga	Hol	Mind & Body Studio	
10:30 - 11:25	Body Vive	Scc	Main Studio	
10:30 - 11:30	Mother & Baby	Otc		
11:45 - 12:30	Aqua	Scc	Main Pool	
17:30 - 18:25	Introduction to Body Step	Hec	Main Studio	
17:45 - 18:30	Body Step	Hec	Main Studio	
18:30 - 19:15	JUKARI Fit to Flex	Otc	Main Studio	
19:00 - 19:45	Group Cycling	Hec	Cycling Studio	
19:00 - 20:30	Yoga	Hol	M&B Studio	
19:15 - 20:00	Legs, Bums and Tums	Scc	Main Studio	
19:30 - 20:15	Aqua	Scc	Main Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	ViPR Taster	Otc	Mind & Body Studio	
09:30 - 10:00	ViPR Course	Otc	Mind & Body Studio	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Step	Hec	Main Studio	
10:15 - 10:45	Power Plate	Scc	Gym	
10:30 - 11:25	Body Balance	Hol	Mind & Body Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Main Studio	
11:30 - 12:00	Body Pump Express	Scc	Main Studio	
18:00 - 18:30	Group Cycling	Hec	Cycling Studio	
18:00 - 18:55	Body Combat	Hec	Main Studio	
18:30 - 19:00	ViPR Course	Otc	Sq Crt ONE	
19:00 - 19:55	Body Pump	Scc	Main Studio	
20:00 - 20:55	Body Jam	Dan	Main Studio	
20:00 - 21:30	Yoga	Hol	Mind & Body Studio	
21:00 - 21:55	Kick Boxing	Hec	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
07:30 - 08:00	Power Plate	Scc	Gym	
09:20 - 09:50	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Pump	Scc	Main Studio	
10:00 - 10:30	JUKARI Fit to Flex	Otc	Mind & Body Studio	
10:00 - 11:00	Senior Multi Circuits	Hec	Sq Crt TWO	
10:30 - 11:25	Body Vive	Scc	Main Studio	
11:45 - 12:30	Aqua	Scc	Ind Pool	
12:45 - 13:15	Group Exercise Welcome	Otc	Rec	
18:00 - 18:55	Body Attack	Hec	Main Studio	
18:10 - 18:55	Group Cycling	Hec	Cycling Studio	
19:00 - 19:45	JUKARI Fit to Flex	Otc	Mind & Body Studio	
19:00 - 19:55	Circuits	Hec	Main Studio	
20:00 - 20:30	Power Plate	Scc	Gym	
20:00 - 20:55	YogaMoves	Hol	Mind & Body 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

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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Balance	Hol	Mind & Body Studio	
09:30 - 10:25	Body Step	Hec	Main Studio	
10:15 - 11:15	Senior Multi Circuits	Hec	Sq Crt TWO	
11:00 - 12:00	Mother & Baby	Otc		
17:30 - 18:00	Group Exercise Welcome	Otc	Gym	
18:00 - 18:55	Body Balance	Hol	Mind & Body Studio	
18:00 - 18:55	Group Cycling Advanced	Otc	Cycling Studio	
19:45 - 20:15	Power Plate	Scc	Gym	

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 - 11:45	Group Cycling	Hec	Cycling Studio	
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	
14:00 - 14:30	ViPR Taster	Otc	Main Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Attack	Hec	Main Studio	
11:00 - 11:45	Group Cycling	Hec	Cycling Studio	
11:00 - 11:55	Legs, Bums and Tums	Scc	Main Studio	
12:00 - 12:55	Body Jam	Dan	Main Studio	
14:30 - 15:25	Family Karate	Hec	Main Studio	
18:00 - 18:55	Body Balance	Hol	Mind & Body 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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