DAVID LLOYD LEISURE - WARRINGTON - 0192 525 8300

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

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 - 11:15	Body Combat Express	Hec	Main Studio	
11:30 - 12:00	CX Worx	Scc	Main Studio	
12:15 - 13:00	Zumba	Dan	Main Studio	
18:00 - 19:00	Body Pump	Scc	Main Studio	
18:10 - 18:55	Group Cycling	Hec	Cycling Studio	
19:05 - 20:00	Body Combat	Hec	Main Studio	
19:30 - 20:25	Pilates	Hol	Mind & Body Studio	
20:05 - 20:35	CX Worx	Scc	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 - 10:55	Yoga	Hol	Mind & Body Studio	
10:30 - 11:25	Body Vive	Scc	Main Studio	
10:30 - 11:30	Mother & Baby	Otc	Ind Pool	
11:45 - 12:30	Aqua	Scc	Main Pool	
18:00 - 18:45	Body Conditioning	Scc	Mind & Body Studio	
18:00 - 18:45	Zumba	Dan	Main Studio	
18:30 - 20:30	Lose & Shape Up	Otc		£
19:00 - 19:30	Power Plate Taster	Otc	Gym Area 2	
19:00 - 19:45	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Kick Boxing	Hec	Main Studio	
19:00 - 19:55	Yoga	Hol	Mind & Body Studio	
19:30 - 20:00	Power Plate	Otc	Gym Area 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Step	Hec	Main Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Main Studio	
18:00 - 18:55	Body Combat	Hec	Main Studio	
19:00 - 19:30	ViPR Taster	Otc	Mind & Body Studio	
19:00 - 19:55	Body Pump	Scc	Main Studio	
19:15 - 19:45	Group Exercise Welcome	Otc	Gym Area 2	
20:00 - 20:55	Yoga	Hol	Mind & Body Studio	
20:00 - 20:55	Zumba	Dan	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Tai Chi	Hol	Mind & Body Studio	
09:15 - 10:00	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Pump	Scc	Main Studio	
10:00 - 11:00	Senior Multi Circuits	Hec	Sq Crt TWO	
10:30 - 11:25	Body Vive	Scc	Main Studio	
10:30 - 11:30	Mother & Baby	Otc		
11:45 - 12:30	Aqua	Scc	Ind Pool	
17:00 - 17:55	Yoga	Hol	Mind & Body Studio	
18:00 - 18:30	Lose & Shape Up Seminar	Otc	Club Rm	
18:00 - 18:55	Body Attack	Hec	Main Studio	
18:10 - 18:55	Group Cycling	Hec	Cycling Studio	
19:00 - 19:55	Circuits	Hec	Main Studio	
19:30 - 20:15	Aqua Zumba	Dan	Main Pool	

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 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Balance	Hol	Mind & Body Studio	
09:30 - 10:25	Zumba	Dan	Main Studio	
10:15 - 11:15	Senior Multi Circuits	Hec	Sq Crt TWO	
10:30 - 11:25	Body Conditioning	Scc	Mind & Body Studio	
18:00 - 18:55	Body Balance	Hol	Main Studio	
18:00 - 18:55	Group Cycling Advanced	Otc	Cycling Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Combat	Hec	Main Studio	
10:00 - 10:55	Circuits	Hec	Gym Area 1, Sq Crts ONE & TWO	
11:00 - 11:45	Group Cycling	Hec	Cycling Studio	
11:00 - 11:45	Zumba	Dan	Mind & Body Studio	
11:00 - 12:00	Body Pump	Scc	Main Studio	
12:05 - 13:00	Pilates	Hol	Mind & Body 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	Zumba	Dan	Main Studio	
18:00 - 18:55	Body Balance	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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