DAVID LLOYD - BUSHEY - 01923 213760

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Triathlon Fit	Otc	pool	
07.00-07.45	Keiser Cycling	Hec	keiser studio	
09.30-10.30	Body Combat	Hec	studio 1	
09.45-10.30	Aqua	Scc	pool	
10.00-10.45	Keiser Cycling	Hec	keiser studio	
10.15-11.00	Flexi Bar	Scc	studio 2	
10.30-11.30	Body Conditioning	Scc	studio 1	
11.00-12.00	Senior Club	Otc	gym	CS
12.15-13.15	Pilates	Hol	studio 2	
14.00-15.00	Tai Chi	Hol	studio 2	
18.30-19.45	Ashtanga Yoga	Hol	studio 2	
18.45-19.30	Aqua	Scc	pool	
19.00-19.45	RPM	Hec	keiser studio	
19.15-20.15	Aerotone	Scc	studio 1	
20.00-21.00	Back Care Fit	Otc	gym	CS
20.00-21.00	Pilates	Hol	studio 2	
20.15-21.15	Body Pump	Scc	studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.45	Kick Boxing	Hec	studio 1	
09.30-10.15	Functional Conditioning	Scc	sports hall	
09.30-10.25	RPM	Hec	keiser studio	
09.30-10.30	Cuban Salsa	Dan	studio 1	
10.00-11.00	Pilates	Hol	Studio 2	
10.30-11.30	Running Club	Otc	Outside	
10.30-11.30	Body Pump	Scc	studio 1	
10.30-11.30	Lose & Shape Up	Otc	gym	C£
11.00-12.00	Ski Fit	Otc	gym	C
11.00-12.00	Pilates	Hol	studio 2	
11.35-12.30	Body Attack	Hec	studio 1	
12.00-12.30	RPM Express	Hec	keiser studio	
12.30-13.00	Multi Circuits	Hec	gym	
12.30-13.45	Ashtanga Yoga	Hol	studio 2	
13.30-14.15	Mother & Baby	Otc	studio 1	
18.30-19.30	Tennis Fit	Otc	Court 1	
19.00-20.00	Adult Football	Otc	sports hall	
19.00-20.00	Body Pump	Scc	studio 1	
19.30-20.15	Keiser Cycling	Hec	keiser studio	
20.15-21.15	Body Balance	Hol	studio 2	
20.15-21.15	Belly Dancing	Dan	studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-08.00	Body Pump	Scc	studio 1	
09.30-10.15	Keiser Cycling	Hec	keiser studio	
09.30-10.30	Total Body Workout	Hec	studio 1	
10.35-11.35	Pilates Intermediate	Hol	studio 2	
11.00-12.00	Back Care Fit	Otc	gym	C
11.00-12.00	Body Sculpt	Scc	studio 1	
12.30-13.45	Hatha Yoga	Hol	studio 2	
18.00-18.30	Power Plate	Scc	gym	C£
18.30-19.00	Power Plate	Scc	gym	C£
18.30-19.30	Triathlon Fit	Otc	gym	
18.45-19.45	Body Attack	Hec	Studio 1	
19.00-19.45	RPM	Hec	keiser studio	
19.00-20.00	Lose & Shape Up	Otc	gym	
19.30-20.45	Hatha Yoga	Hol	studio 2	
19.45-20.45	Running Club	Otc	Outside	
20.00-21.00	Cuban Salsa	Dan	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Keiser Cycling	Hec	keiser studio	
09.30-10.30	Body Combat	Hec	studio 1	
09.30-10.30	Running Club	Otc	outside	
10.30-11.00	Swim Fit	Otc	pool	
10.30-11.30	Aerotone	Scc	studio 1	
10.30-11.30	Multi Circuits	Hec	sports hall	
11.00-11.30	Group Exercise Welcome	Otc	club room	
11.00-11.30	Power Plate	Scc	gym	C£
11.30-12.00	Power Plate	Scc	gym	C£
11.30-12.30	Lose & Shape Up	Otc	gym	C£
11.30-12.30	Body Balance	Hol	studio 2	
12.45-13.30	Aqua	Scc	pool	
18.30-19.15	Keiser Cycling	Hec	keiser studio	
18.45-19.30	Body Combat	Hec	studio 1	
19.00-20.00	Lose & Shape Up	Otc	gym	C£
19.00-20.00	Adult Football	Otc	sports hall	
19.30-20.30	Body Pump	Scc	studio 1	
20.15-21.30	Hatha Yoga	Hol	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	keiser studio	
09.15-09.50	Keiser Cycling	Hec	keiser studio	
09.30-10.25	Power Walking	Hec	outside	
09.30-10.30	Running Club	Otc	outside	
09.35-09.50	Introduction to Body Pump	Scc	studio 1	
09.50-10.15	Conditioning	Scc	studio 2	
09.50-10.50	Body Pump	Scc	studio 1	
10.15-11.00	Keiser Cycling	Hec	keiser studio	
10.30-11.30	Pilates Advanced	Hol	studio 2	A
10.45-11.30	Aqua	Scc	pool	
11.00-12.00	Body Vive	Scc	studio 1	
11.30-12.45	Hatha Yoga	Hol	studio 2	
13.00-14.00	Hatha Yoga	Hol	studio 2	
18.00-19.00	Keiser Cycling & Abs	Hec	keiser studio	*
18.30-19.30	Triathlon Fit	Otc	gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Aqua	Scc	pool	
09.55-10.55	Body Combat	Hec	studio 1	
10.00-10.45	Keiser Cycling	Hec	keiser studio	
10.30-11.30	Body Vive	Scc	studio 2	
11.00-11.45	Keiser Cycling	Hec	keiser studio	*
11.00-12.00	Body Pump	Scc	studio 1	
12.00-13.15	Hatha Yoga	Hol	studio 2	
13.30-14.30	Tai Chi	Hol	studio 2	
17.45-18.45	Ju-Jitsu	Hec	studio 1	
20.00-21.00	Ballroom and Latin Dancing	Dan	studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Keiser Cycling & Abs	Hec	keiser studio	
09.00-10.00	Body Pump	Scc	studio 1	
10.00-10.45	Keiser Cycling	Hec	keiser studio	*
10.05-11.00	Step	Hec	studio 1	*
10.15-11.15	Pilates Fitness	Hol	studio 2	*
11.00-11.30	Group Exercise Welcome	Otc	club room	
11.30-12.30	Body Attack	Hec	studio 1	
12.00-13.00	Kick Boxing	Hec	sports hall	

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.

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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