DAVID LLOYD - WOKING - 01483 722113

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.35-07.35	Body Pump	SCC	Studio 1	
08.00-08.55	Pilates	HOL	Sudio 2	
09.00-09.30	Abs & Back	SCC	Studio 1	*
09.00-09.55	Pilates	HOL	Studio 2	*
09.30-10.15	RPM	HEC	Gym	*
09.30-10.25	Body Pump	SCC	Studio 1	*
10.00-10.55	Pilates Advanced	HOL	Studio 2	A*
10.30-11.25	Show Time	DAN	Studio 1	*
11.30-12.25	Aerobics	HEC	Studio 1	S
12.00-12.30	Group Exercise Welcome	OTC	Club Room	
12.00-13.25	Hatha Yoga	HOL	Studio 2	
13.30-14.15	Aqua	SCC	Pool	*
13.30-14.25	Pilates	HOL	Studio 2	*
18.00-18.55	Body Balance	HOL	Studio 1	
18.15-19.00	Keiser Cycling	HEC	Gym	
19.00-19.55	Body Pump	SCC	Studio 1	
19.00-20.00	Running Club	OTC	Meet in Gym	
20.00-20.55	Body Combat	HEC	Studio 2	
20.00-21.25	Dynamic Yoga	HOL	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Circuits	HEC	Gym	
09.00-09.30	Abs & Back	SCC	Studio 1	*
09.30-10.25	Body Combat	HEC	Studio 1	*
09.30-10.15	Keiser Cycling	HEC	Gym	*
10.00-10.45	Aqua	SCC	Pool	*
10.30-11.25	Body Pump	SCC	Studio 1	*
11.15-12.00	Senior Multi Circuits	HEC	Gym	S
11.30-12.25	Tai Chi	HOL	Studio 1	
13.00-13.55	Pilates	HOL	Studio 2	*
18.00-18.55	Pilates Advanced	HOL	Studio 2	A
18.15-19.00	Keiser Cycling	HEC	Gym	
18.30-19.25	Aerobics	HEC	Studio 1	
19.00-20.00	Triathlon Fit	OTC	Pool	
19.30-20.25	Pilates	HOL	Studio 2	
19.30-20.25	Legs, Bums & Tums	SCC	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	HEC	Gym	
09.30-10.25	Body Vive	SCC	Studio 1	*
09.40-10.25	Pre & Post Natal	OTC	Studio 2	*
10.00-10.45	Keiser Cycling	HEC	Gym	*
10.30-11.25	Pilates Advanced	HOL	Studio 2	A*
10.45-11.40	Body Balance	HOL	Studio 1	*
11.30-12.25	Pilates	HOL	Studio 2	
13.10-13.55	Aqua	SCC	Pool	*
14.30-15.45	Hatha Yoga	HOL	Studio 2	*
18.00-18.55	Body Pump	SCC	Studio 1	*
18.00-19.25	Dynamic Yoga	HOL	Studio 2	
19.00-19.55	RPM	HEC	Gym	
19.00-19.55	Step	HEC	Studio 1	
19.00-20.25	Kick Boxing	HEC	Sports Hall	
19.30-20.25	Pilates	HOL	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	HEC	Gym	
09.30-10.25	Total Body Workout	HEC	Studio 1	*
09.30-10.25	Show Time	DAN	Studio 2	*
10.00-10.30	Keiser Cycling	HEC	Gym	*
10.30-11.00	Core Stability	SCC	Gym	*
10.30-11.25	Body Balance	HOL	Studio 1	*
10.30-11.55	Hatha Yoga	HOL	Studio 2	*
12.00-12.45	Senior Multi Circuits	HEC	Gym	S
13.00-13.55	Pilates	HOL	Studio 2	
13.15-14.00	Aqua	SCC	Pool	
15.00-15.55	Pilates	HOL	Studio 2	
18.00-18.30	Abs & Back	SCC	Gym	
18.30-19.15	Keiser Cycling	HEC	Gym	
18.30-19.25	Body Attack	HEC	Studio 1	
19.00-19.45	Aqua	SCC	Pool	
19.00-20.00	Running Club	OTC	Meet in Gym	
19.00-20.25	Hatha Yoga	HOL	Studio 2	
19.30-20.25	Body Pump	SCC	Studio 1	

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
DAVIDLLOYD.CO.UK

DAVID LLOYD - WOKING - 01483 722113

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Circuits	HEC	Gym	
09.30-10.25	Body Attack	HEC	Studio 1	*
09.30-10.25	Pilates Advanced	HOL	Studio 2	A*
09.45-10.30	Keiser Cycling	HEC	Gym	*
10.30-11.25	Body Pump	SCC	Studio 1	*
10.30-11.25	Pilates	HOL	Studio 2	*
10.30-11.25	Line Dancing	DAN	Sports Hall	*
11.45-12.30	Aqua	SCC	Pool	
12.00-12.55	Pilates Advanced	HOL	Studio 2	A*
18.00-18.55	Body Pump	SCC	Studio 1	*
19.00-19.55	Body Balance	HOL	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.05-08.55	Step	HEC	Studio 1	
09.00-09.55	Body Attack	HEC	Studio 1	*
10.00-10.55	Body Pump	SCC	Studio 1	*
10.00-10.55	Pilates	HOL	Studio 2	*
11.00-11.55	Body Balance	HOL	Studio 2	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.55	RPM	HEC	Gym	*
09.00-09.55	Body Vive	SCC	Studio 1	*
09.30-10.30	Running Club	OTC	Meet in Gym	*
10.00-10.55	Pilates Advanced	HOL	Studio 2	A*
10.00-10.55	Body Pump	SCC	Studio 1	*
10.10-10.55	Keiser Cycling	HEC	Gym	*
11.00-11.55	Pilates	HOL	Studio 2	*
16.00-17.25	Hatha Yoga	HOL	Studio 2	

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK