DAVID LLOYD LEISURE - WOKING - 01483 722 113

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
11:30 - 12:25	Aerobics	Hec	Studio 1	
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:00 - 21:30	Dynamic Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Gym	
09:30 - 10:15	ViPR Taster	Otc	Gym	
09:30 - 10:25	Body Vive	Scc	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Gym	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	
13:15 - 14:00	Aqua	Scc	Pool	
14:30 - 16:00	Hatha Yoga	Hol	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 19:30	Dynamic Yoga	Hol	Studio 2	
19:00 - 19:55	RPM	Hec	Spin Area	
19:00 - 19:55	Step	Hec	Studio 1	
19:00 - 20:30	Tai Boxing	Hec	Sports H	
19:30 - 20:30	Pilates	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 - 10:15	Group Cycling	Hec	Gym	
09:30 - 10:30	Body Combat	Hec	Studio 1	
10:30 - 11:30	Body Pump	Scc	Studio 1	
11:15 - 12:00	Senior Multi Circuits	Hec	Gym	
11:30 - 12:30	Tai Chi	Hol	Studio 1	
13:00 - 14:00	Pilates	Hol	Studio 2	
18:00 - 18:55	Pilates Advanced	Hol	Studio 2	
19:30 - 20:25	Legs, Bums and Tums	Scc	Studio 1	
19:30 - 20:30	Pilates	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Gym	
09:30 - 10:25	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:30 - 11:00	Group Cycling	Hec	Gym	
10:30 - 11:30	Body Balance	Hol	Studio 1	
10:30 - 12:00	Hatha Yoga	Hol	Studio 2	
11:00 - 11:30	Core Stability	Scc	Gym	
12:00 - 12:45	Senior Multi Circuits	Hec	Gym	
13:00 - 14:00	Pilates	Hol	Studio 2	
18:00 - 18:30	Core Stability	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Gym	
18:30 - 19:30	Body Attack	Hec	Studio 1	
19:00 - 19:55	Martial Arts	Otc	Sports H	
19:00 - 20:30	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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Gym	
09:30 - 10:25	Pilates Advanced	Hol	Studio 2	
09:30 - 10:30	Body Attack	Hec	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Gym	
10:15 - 11:15	Line Dancing	Dan		
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	
11:30 - 12:15	Aqua	Scc	Pool	
11:30 - 12:30	Zumba	Dan	Studio 1	
18:00 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 20:00	Body Balance	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Vive	Scc	Studio 1	
09:00 - 09:55	RPM	Hec	Spin Area	
10:00 - 10:55	Pilates Advanced	Hol	Studio 2	
10:00 - 11:00	Body Pump	Scc	Studio 1	
10:10 - 10:55	Group Cycling	Hec	Gym	
11:00 - 12:00	Pilates	Hol	Studio 2	
14:00 - 14:55	Martial Arts	Otc	Sports H	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Attack	Hec	Studio 1	
10:00 - 11:00	Body Pump	Scc	Studio 1	
10:00 - 11:00	Pilates	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.

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