DAVID LLOYD - WORTHING - 01903 276700

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.50	RPM	Hec	Cycle Studio	
09.15-10.15	Lose & Shape Up	Otc	Club Room	£ C
09.35-10.20	Salsa Aerobics	Dan	Studio 1	*
09.35-10.20	Core Stability	Scc	Studio 2	*
10.20-11.05	Legs, Bums & Tums	Scc	Studio 2	
10.35-11.20	Keiser Cycling	Hec	Cycle Studio	*
10.35-11.25	Step	Hec	Studio 1	*
11.30-12.30	Body Pump	Scc	Studio 1	
12.30-13.45	Hatha Yoga	Hol	Studio 2	
12.45-13.30	Body Vive	Scc	Studio 1	
14.00-15.00	Iyengar Yoga	Hol	Studio 2	
14.15-15.00	Aqua	Scc	Pool	
17.45-18.45	Step	Hec	Studio 1	A
18.00-19.00	Pilates	Hol	Studio 2	
18.00-19.00	Lose & Shape Up	Otc	Club Room	£ C
18.15-19.00	Keiser Cycling	Hec	Cycle Studio	
18.45-19.45	Body Pump	Scc	Studio 1	
19.00-20.00	Pilates Intermediate	Hol	Studio 2	
19.15-20.05	RPM	Hec	Cycle Studio	
19.45-20.30	Aqua	Scc	Pool	
20.00-21.00	Body Balance	Hol	Studio 1	
20.15-21.00	Core Stability	Scc	Studio 2	
20.15-21.00	Keiser Cycling	Hec	Cycle Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump Express	Scc	Studio 1	
09.30-10.30	Body Combat	Hec	Studio 1	
09.35-10.25	Cardio Conditioning	Hec	Gym	*
10.35-11.25	Conditioning	Scc	Studio 1	*
10.40-11.25	Body Vive	Scc	Studio 2	*
10.45-11.30	Aqua	Scc	Pool	
11.30-12.30	Body Balance	Hol	Studio 1	
11.30-12.30	Group Exercise Welcome	Otc	Studio 2	
12.30-13.15	Keiser Cycling	Hec	Cycle Studio	
13.45-14.45	Pilates	Hol	Studio 1	
16.00-16.45	Body Vive	Scc	Studio 1	*
17.45-18.30	Legs, Bums & Tums	Scc	Studio 1	
18.00-19.00	Hatha Yoga	Hol	Studio 2	
18.30-19.30	Circuits	Hec	Studio 1	
18.45-19.45	RPM	Hec	Cycle Studio	A
19.00-20.00	Lose & Shape Up	Otc	Creche	£ C
19.00-20.00	Hatha Yoga	Hol	Studio 2	
19.45-20.30	Swim Fit	Otc	Pool	
19.45-20.45	Body Combat	Hec	Studio 1	
20.00-20.45	Keiser Cycling	Hec	Cycle Studio	

KEY

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S Designed for senior members
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WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.50	RPM	Hec	Cycle Studio	
09.30-10.30	Lose & Shape Up	Otc	Gym	£ C
09.35-10.20	Step	Hec	Studio 1	A *
09.35-10.25	Pilates Fitness	Hol	Studio 2	*
10.30-11.30	Body Pump	Scc	Studio 1	
10.35-11.25	Pre & Post Natal	Otc	Studio 2	*
10.40-11.25	Keiser Cycling	Hec	Cycle Studio	*
11.30-12.30	Body Jam	Dan	Studio 1	
11.45-12.15	Beginners Group Cycling	Hec	Cycle Studio	
12.30-13.15	Legs, Bums & Tums	Scc	Studio 1	
14.00-15.15	Hatha Yoga	Hol	Studio 1	
14.00-14.45	Aqua	Scc	Pool	
17.30-18.15	Salsa Aerobics	Dan	Studio 1	*
18.15-19.00	Core Stability	Scc	Studio 2	
18.15-19.00	Keiser Cycling	Hec	Cycle Studio	
18.15-19.15	Body Balance	Hol	Studio 1	
19.00-19.45	Aqua	Scc	Pool	
19.15-20.00	Body Vive	Scc	Studio 1	
19.30-20.15	Keiser Cycling	Hec	Cycle Studio	
20.00-20.45	Body Attack Express	Hec	Studio 1	
20.00-21.00	Pilates Fitness	Hol	Studio 2	
20.15-21.15	Boxing Fit	Otc	MPH	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Multi Circuits	Hec	Studio 1	
08.30-09.15	Core Stability	Scc	Studio 1	
09.35-10.20	Cardio Conditioning	Hec	Studio 1/Cycle Stu	*
10.00-11.15	Iyengar Yoga	Hol	Studio 2	
10.20-11.05	Salsa Aerobics	Dan	Studio 1	
10.35-11.20	Keiser Cycling	Hec	Cycle Studio	*
11.05-11.50	Body Vive	Scc	Studio 1	
11.30-12.15	Aqua	Scc	Pool	
12.00-13.00	Pilates	Hol	Studio 1	
13.15-13.30	Introduction to Body Balance	Hol	Studio 1	
13.30-14.30	Body Balance	Hol	Studio 1	
16.45-17.30	Core Stability	Scc	Studio 2	*
17.45-18.35	RPM	Hec	Cycle Studio	
17.45-18.30	Step	Hec	Studio 1	
18.00-19.00	Lose & Shape Up	Otc	Studio 2	
18.30-19.15	Legs, Bums & Tums	Scc	Studio 1	*
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	
19.00-20.00	Running Club	Otc	Creche	
19.00-20.00	Lose & Shape Up	Otc	Club Room	
19.15-20.15	Body Combat	Hec	Studio 1	
19.15-20.15	Pilates Intermediate	Hol	Studio 2	
20.15-21.15	Body Pump	Scc	Studio 1	
20.15-21.15	Body Balance	Hol	Studio 2	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Circuits	Hec	MPH	
08.30-09.15	Body Combat Express	Hec	Studio 1	
08.55-09.40	Body Vive	Scc	Studio 2	
09.15-10.00	Aqua	Scc	Pool	
09.30-10.30	Body Pump	Scc	Studio 1	
09.40-10.25	Core Stability	Scc	Studio 2	*
10.35-11.25	Tai Chi	Hol	Studio 2	*
10.35-11.20	Keiser Cycling	Hec	Cycle Studio	*
11.00-12.00	Body Balance	Hol	Studio 1	
11.30-12.15	Easyline Gym Class	Scc	Studio 2	
12.00-13.00	Pilates Intermediate	Hol	Studio 1	
13.30-14.30	Pilates	Hol	Studio 2	
14.00-14.45	Legs, Bums & Tums	Scc	Studio 1	
17.30-18.15	Keiser Cycling	Hec	Cycle Studio	
17.45-18.30	Body Jam	Dan	Studio 1	
18.00-18.45	Core Stability	Scc	Studio 2	
18.30-19.30	Body Pump	Scc	Studio 1	
19.00-20.15	Iyengar Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.15-08.05	RPM	Hec	Cycle Studio	
08.30-09.15	Body Attack Express	Hec	Studio 1	
08.30-09.15	Body Balance	Hol	Studio 2	
09.15-10.15	Body Pump	Scc	Studio 1	
09.35-10.20	Cardio Conditioning	Hec	Gym	*
10.30-11.30	Keiser Cycling Advanced	Hec	Cycle Studio	A
10.35-11.20	Body Jam	Dan	Studio 1	*
11.00-12.00	Group Exercise Welcome	Otc	Studio 2	
11.20-12.20	Body Vive	Scc	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.15	Keiser Cycling	Hec		
10.00-11.00	Body Combat	Hec		
10.15-11.15	Pilates	Hol		
10.30-11.30	Keiser Cycling Advanced	Hec		
11.15-12.00	Legs, Bums & Tums	Scc		
17.00-18.00	Body Pump	Scc		
18.15-19.15	Body Balance	Hol		

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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