DAVID LLOYD LEISURE - WORTHING - 01903 276700

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Core Stability	Scc	Studio 2	
09:35 - 10:20	Salsa Aerobics	Dan	Studio 1	
10:20 - 11:05	Legs, Bums and Tums	Scc	Studio 2	
10:35 - 11:20	RPM	Hec	Cycle Studio	
10:35 - 11:25	Step	Hec	Studio 1	
19:00 - 22:00	Adult Football	Otc	Bad Crt 1-4	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:35 - 10:20	Cardio Conditioning	Hec	Gym Area 2	
10:35 - 11:20	Blast FX	Scc	Studio 1	
10:40 - 11:25	Body Vive	Scc	Studio 2	
10:45 - 11:30	Aqua	Scc	Main Pool	
11:30 - 12:15	ViPR Taster	Otc	Studio 2	
11:30 - 12:25	Body Balance	Hol	Studio 1	
11:30 - 12:30	Group Exercise Welcome	Otc	Gym Area 1	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
13:45 - 14:40	Pilates	Hol	Studio 1	
17:30 - 18:15	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 19:00	Hatha Yoga	Hol	Studio 2	
18:15 - 19:00	Groove FX	Dan	Studio 1	
18:15 - 19:10	Circuits	Hec	Bad Crt 1-4	
18:45 - 19:45	RPM	Hec		
19:00 - 19:45	Blast FX	Scc	Studio 1	
19:00 - 20:00	Hatha Yoga	Hol	Studio 2	
19:45 - 20:45	Master Swim	Otc	Main Pool	
20:00 - 20:45	Group Cycling	Hec	Cycle Studio	
20:00 - 20:55	Body Combat	Hec	Studio 1	
20:15 - 21:00	ViPR Taster	Otc	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:35 - 10:20	Step	Hec	Studio 1	
09:35 - 10:30	Body Balance	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:40 - 11:25	Group Cycling	Hec	Cycle Studio	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio 2	
11:45 - 12:45	Body Jam	Dan	Studio 1	
12:45 - 13:30	Legs, Bums and Tums	Scc	Studio 1	
13:00 - 14:15	Iyengar Yoga	Hol	Studio 2	
14:00 - 14:45	Aqua	Scc	Main Pool	
17:30 - 18:15	Zumba	Dan	Studio 1	
18:15 - 19:00	Core Stability	Scc	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
18:15 - 19:15	Body Balance	Hol	Studio 1	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:15 - 20:00	Body Vive	Scc	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
20:00 - 20:45	Body Attack Express	Hec	Studio 1	
20:00 - 20:55	Core Stability	Scc	Studio 2	
20:15 - 21:00	Power Plate Taster	Otc	Gym Area 1	
20:15 - 21:15	Boxing Circuit	Otc	Bad Crt 1-4	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 1	
08:30 - 09:15	Core Stability	Scc	Studio 1	
09:35 - 10:20	Cardio Conditioning	Hec	Studio 1	
10:00 - 11:15	Iyengar Yoga	Hol	Studio 2	
10:20 - 11:05	Salsa Aerobics	Dan	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
11:05 - 11:50	Body Vive	Scc	Studio 1	
11:45 - 12:30	Aqua	Scc	Main Pool	
12:00 - 12:55	Pilates	Hol	Studio 1	
13:30 - 14:25	Body Balance	Hol	Studio 1	
16:45 - 17:30	Core Stability	Scc	Studio 2	
17:45 - 18:30	Step	Hec	Studio 1	
17:45 - 18:35	RPM	Hec	Cycle Studio	
18:30 - 19:15	Legs, Bums and Tums	Scc	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:15 - 20:10	Body Combat	Hec	Studio 1	
19:15 - 20:10	Pilates Intermediate	Hol	Studio 2	
19:30 - 21:00	Adult Basketball	Otc	Bad Crt 1-4	
20:15 - 21:15	Body Balance	Hol	Studio 2	
20:15 - 21:15	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 LEISURE - WORTHING - 01903 276700

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Bad Crt 1-4	
08:55 - 09:40	Body Vive	Scc	Studio 2	
09:15 - 10:00	Aqua	Scc	Main Pool	
09:30 - 10:30	Body Pump	Scc	Studio 1	
09:40 - 10:25	Core Stability	Scc	Studio 2	
09:45 - 10:25	Easyline Gym Class	Otc	Gym Area 1	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
10:35 - 11:25	Tai Chi	Hol	Studio 2	
10:40 - 11:25	Pre & Post Natal	Otc	Gym Area 1	
10:45 - 11:45	Body Balance	Hol	Studio	
11:45 - 12:30	Groove FX	Dan	Studio	
12:30 - 13:25	Pilates Intermediate	Hol	Studio 1	
13:30 - 14:25	Pilates	Hol	Studio 2	
14:00 - 14:45	Legs, Bums and Tums	Scc	Studio 1	
17:30 - 18:15	Group 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 - 09:25	Body Balance	Hol	Studio 2	
09:15 - 10:15	Body Pump	Scc	Studio 1	
09:35 - 10:20	Cardio Conditioning	Hec	Gym Area 2	
10:30 - 11:30	Group Cycling	Hec	Cycling Studio	
10:35 - 11:20	Body Jam	Dan	Studio 1	
11:00 - 12:00	Group Exercise Welcome	Otc	Club Rm	
11:20 - 12:20	Body Vive	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Group Cycling	Hec	Cycling Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:15 - 11:15	Pilates	Hol	Studio 2	
11:15 - 12:00	Blast FX	Scc	Studio 1	
12:00 - 12:45	JUKARI Fit to Flex	Otc	Studio 1	
17:00 - 18:00	Body Pump	Scc	Studio 1	
18:15 - 19:15	Body Balance	Hol	Studio 1	

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