DAVID LLOYD - YORK - 01904 751 500

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Multi Circuits	Hec	Studio 1	
09.30-10.30	Body Attack	Hec	Studio 1	
09.45-10.25	Aqua	Scc	Pool	
10.30-11.30	Legs, Bums & Tums	Scc	Studio 1	
12.30-13.00	Body Pump Express	Scc	Studio 1	
13.00-14.00	Tai Chi	Hol	Studio 1	
14.00-14.45	Yoga	Hol	Studio 1	
18.00-18.45	Keiser Cycling	Hec	Spin Studio	*
18.00-19.00	Body Jam	Dan	Studio 1	*
19.00-20.00	Body Pump	Scc	Studio 1	
20.15-21.00	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Combat	Hec	Studio 1	
09.30-10.15	Keiser Cycling	Hec	Spin Studio	*
09.30-10.30	Body Combat	Hec	Studio 1	*
09.45-10.25	Aqua	Scc	Pool	
10.30-11.30	Body Balance	Hol	Studio 1	
10.45-11.30	Power Plate	Scc	Gym	
11.30-12.30	Pilates	Hol	Studio 1	£
12.30-13.00	Body Pump Express	Scc	Studio 1	
13.00-14.00	Tai Chi	Hol	Studio 1	
17.30-18.15	Body Pump	Scc	Studio 1	*
18.00-18.30	Beginners Group Cycling	Hec	Spin Studio	
18.00-19.00	Karate	Hec	Badminton Court	£
18.15-19.15	Body Attack	Hec	Studio 1	*
18.45-19.30	Keiser Cycling	Hec	Spin Studio	
19.15-20.15	Dynamic Yoga	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling	Hec	Spin Studio	
09.30-10.15	Abs & Back	Scc	Gym	*
09.30-10.30	Body Pump	Scc	Studio 1	*
10.30-11.30	Body Jam	Dan	Studio 1	
12.30-13.30	Senior Conditioning	Scc	Studio 1	
13.45-14.30	Aqua	Scc	Pool	
17.30-18.15	Body Pump	Scc	Studio 1	*
18.00-18.30	Beginners Group Cycling	Hec	Spin Studio	
18.00-19.00	Pilates Beginners	Hol	Function Room	£
18.15-18.45	Group Exercise Welcome	Otc	Club Room	
18.15-19.15	Step	Hec	Studio 1	
18.45-19.30	Keiser Cycling	Hec	Spin Studio	
19.00-20.00	Pilates Intermediate	Hol	Function Room	£
19.15-20.15	Body Combat	Hec	Studio 1	
19.30-20.45	Aqua	Scc	Pool	
20.15-21.15	Boxercise	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.30	Keiser Cycling	Hec	Spin Studio	
09.30-10.30	Step	Hec	Studio 1	*
10.30-11.30	Body Pump	Scc	Studio 1	
11.30-12.00	Group Exercise Welcome	Otc	Club Room	
11.45-12.30	YogaMoves	Hol	Studio 1	
12.30-13.30	Senior Conditioning	Scc	Studio 1	
13.45-14.30	Aqua	Scc	Pool	
18.00-19.00	Legs, Bums & Tums	Scc	Studio 1	*
19.00-20.00	Body Combat	Hec	Studio 1	
19.15-20.00	Keiser Cycling	Hec	Spin Studio	
19.30-20.30	Ballroom Dancing	Dan	Function Room	£
20.00-21.00	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
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Multi Circuits	Hec	Studio 1	
09.30-10.15	Boot Camp	Hec	Gym	*
09.30-10.30	Legs, Bums & Tums	Scc	Studio 1	*
09.45-10.25	Aqua	Scc	Pool	
10.30-11.30	Body Pump	Scc	Studio 1	
11.45-12.45	Yoga	Hol	Studio 1	
12.30-13.00	Keiser Cycling	Hec	Spin Studio	
16.45-17.45	Tai Chi	Hol	Studio 1	£
18.00-18.30	Keiser Cycling	Hec	Spin Studio	
19.15-20.15	Salsa Dancing	Dan	Studio 1	£
20.15-21.15	Salsa Dancing	Dan	Studio 1	£
21.15-23.00	Salsa Dancing	Dan	Studio 1	£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.15-11.15	Body Attack	Hec	Studio 1	*
10.30-11.15	Keiser Cycling	Hec	Spin Studio	
11.15-12.15	Body Pump	Scc	Studio 1	
12.30-13.15	Core Stability	Scc	Studio 1	
13.15-14.15	Pilates	Hol	Studio 1	£
17.00-18.30	Capoeira	Otc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.30	Triathlon Fit	Otc	Gym	
09.00-09.45	Body Combat	Hec	Studio 1	*
09.45-10.45	Body Pump	Scc	Studio 1	*
11.00-11.30	Keiser Cycling	Hec	Spin Studio	*
11.00-12.00	Aerotone	Scc	Studio 1	*
12.45-13.45	Yoga	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.

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