# DAVID LLOYD LEISURE - YORK - 01904 751500

## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:30 | Multi Circuits | Hec | Dance Studio | |
| 09:30 - 10:30 | Zumba | Dan | | |
| 09:45 - 10:30 | Aqua | Scc | Pool | |
| 10:30 - 11:30 | Legs, Bums & Tums | Scc | Studio 1 | |
| 14:00 - 14:45 | Yoga | Hol | Studio 1 | |
| 18:00 - 18:45 | Group Cycling | Hec | Cycle Studio | |
| 19:00 - 20:00 | Body Pump | Scc | Studio 1 | |
| 19:00 - 20:00 | Lose & Shape Up Seminar | Otc | Func Rm | |
| 20:15 - 21:00 | Body Balance | Hol | Studio 1 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:30 | Group Cycling | Hec | Cycle Studio | |
| 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 | Gym | |
| 18:15 - 19:15 | Body Combat | Hec | Studio 1 | |
| 18:45 - 19:30 | Group Cycling | Hec | Cycle Studio | |
| 19:00 - 19:45 | ViPR Taster | Otc | Gym Desk | |
| 19:00 - 20:00 | Lose & Shape Up | Otc | Func Rm | £ |
| 19:15 - 19:45 | Power Plate | Scc | Gym | |
| 19:15 - 20:15 | Boxercise | Hec | Studio 1 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:30 | Body Combat | Hec | Studio 1 | |
| 09:35 - 10:20 | Group Cycling | Hec | Cycle Studio | |
| 09:35 - 10:30 | Body Combat | Hec | Studio 1 | |
| 09:45 - 10:30 | Aqua | Scc | Pool | |
| 10:35 - 11:30 | Body Balance | Hol | Studio 1 | |
| 10:45 - 11:30 | Power Plate | Scc | Gym Area 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 | Gym | |
| 18:15 - 19:15 | Body Attack | Hec | Studio 1 | |
| 18:45 - 19:30 | Group Cycling | Hec | Cycle Studio | |
| 19:15 - 20:15 | Dynamic Yoga | Hol | Studio 1 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:30 | Group Cycling | Hec | Cycle Studio | |
| 09:00 - 09:45 | ViPR Taster | Otc | Gym Desk | |
| 09:35 - 10:30 | Step | Hec | Studio 1 | |
| 10:35 - 11:30 | Body Pump | Scc | Studio 1 | |
| 11:30 - 12:00 | Group Exercise Welcome | Otc | Studio 1 | |
| 12:00 - 12:30 | Power Plate | Scc | Gym | |
| 12:30 - 13:30 | Senior Conditioning | Scc | Studio 1 | |
| 13:45 - 14:30 | Aqua | Scc | Pool | |
| 18:00 - 18:45 | Legs, Bums & Tums | Scc | Studio 1 | |
| 18:45 - 19:45 | Body Combat | Hec | Studio 1 | |
| 19:00 - 19:30 | ViPR Course | Otc | Gym | £ |
| 19:15 - 20:00 | Group Cycling | Hec | Cycle Studio | |
| 19:30 - 20:30 | Dance With David Lloyd | Otc | Func Rm | £ |
| 19:45 - 20:15 | JUKARI Fit to Flex | Otc | Studio 1 | |
| 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

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## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:30 | Multi Circuits | Hec | | |
| 09:30 - 10:15 | Group Cycling | Hec | Cycle Studio | |
| 09:30 - 10:30 | Legs, Bums & Tums | Scc | Studio 1 | |
| 09:45 - 10:30 | Aqua | Scc | Pool | |
| 10:30 - 11:30 | Body Pump | Scc | Studio 1 | |
| 11:45 - 12:45 | Yoga | Hol | Studio 1 | |
| 18:45 - 19:30 | Training Clubs | Otc | Gym Desk | |
| 18:45 - 19:30 | Training Clubs | Otc | Gym Desk | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 08:00 - 09:30 | Triathlon Class | Otc | | |
| 09:00 - 09:45 | Body Combat | Hec | Studio 1 | |
| 09:45 - 10:45 | Body Pump | Scc | Studio 1 | |
| 11:00 - 11:45 | Group Cycling | Hec | Cycle Studio | |
| 11:00 - 12:00 | Aerobics | Hec | Studio 1 | |
| 12:45 - 13:45 | Yoga | Hol | Studio 1 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:15 - 11:15 | Zumba | Dan | Studio 1 | |
| 10:30 - 11:15 | Group Cycling | Hec | Cycle Studio | |
| 11:15 - 12:15 | Body Pump | Scc | Studio 1 | |
| 12:30 - 13:15 | Core Stability | Scc | Studio 1 | |
| 14:30 - 15:30 | Lose & Shape Up | Otc | Func Rm | £ |
| 17:00 - 18:30 | Karate | Hec | 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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