DAVID LLOYD LEISURE - RIVERVIEW - 01 218 9600

EXERCISE CLASS PROGRAMME SEPTEMBER - NOVEMBER 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 12:00	Hatha Yoga	Otc	Studio 1	€

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
20:00 - 21:00	Hatha Yoga	Otc	Studio 1	€

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Body Attack Express	Hec		

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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
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