

## **New Exercise Programme for 2012**

With all the Christmas pudding and chocolates consumed now is the time to get yourself booked into some of our classes starting on Saturday 7<sup>th</sup> January 2012. If you have set yourself an exercise challenge for this year no matter how big or small then our classes will help you motivate yourself in reaching that magic target.

### **Live Active Loch Leven**

Monday	9.30 – 10.25am	Aerobics
Tuesday	9.45 – 10.45am	Yoga
	11 – 12noon	Yoga
	12.15 – 1.15pm	Yoga
Wednesday	9.15 – 10am	Body Conditioning
	1 – 1.30pm	Active for longer Aquafit
	1.30 – 2pm	Active for longer Aquafit
Thursday	9.30 – 10.25am	Aerobics
	10.30 – 11.15am	Abs Blast
	11.30 – 12.30pm	Yoga
Friday	10 – 10.55am	Tums, bums and thighs

### **Loch Leven Community Campus**

Monday	6.30 – 7.25pm	Zumba Toning
	7.40 – 8.40pm	Tums, bums and thighs
Tuesday	6.30 – 7.25pm	Aerobics
	7.30 – 8.25pm	Circuits
Wednesday	11.05 – 12.00	Community badminton (no instructor)
Thursday	7 – 7.55pm	Step Aerobics
	8 – 8.55pm	Boot Camp
Friday	6 – 6.55pm	Dance Aerobics
	7 – 7.55pm	BCS (Balance, Core, Stability)
Saturday	9.45 – 10.40am	Circuits
	10.50 – 11.35am	Core Stability
Sunday	10.30 – 11.25am	Body Conditioning
	11.30 – 12.15pm	Easy Sunday Session

Please note we are actively looking to put in new classes on a Wednesday evening. If you would like further information on any of the programme then please contact a manager at Live Active Loch Leven on 01577 867230

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