

Diet and Fitness Class Programme – Spring 2012		
Date	Exercise	Talk
4 Jan 12	Aerobic Circuit	Planning and setting goals
11 Jan 12	Low Impact Aerobics	Diet - balanced diet, fats and food labels
18 Jan 12	Body Conditioning	Exercise - What and how much to help weight loss
25 Jan 12	Fitness Pilates	Health - topic choice
1 Feb 12	Balls and Bands	Maintenance - Keeping on track
8 Feb 12	All over conditioning (combi LIA/BC)	Diet - Carbs and calories
15 Feb 12		Half Term
22 Feb 12	Aerobic Circuit	Exercise - Benefits of aerobic exercise - it's role in weight management
29 Feb 12	Low Impact Aerobics	Health - topic choice
7 Mar 12	Terri away	Alternative Activity
14 Mar 12	Body Conditioning	Maintenance - relapsing, resetting goals
21 Mar 12	Fitness Pilates	Diet - proteins and their role
28 Mar 12	Balls and Bands	Exercise - strength training and it's role in weight management
4 Apr 12	All over conditioning (combi LIA/BC)	Health – topic choice

2 January 2012