

# REYNOLDS FITNESS SPA BEXLEY - SPRING TO SUMMER GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 06:45 <b>EXPRESS KEISER</b> PT / Cycle Studio	06:15 - 07:00 <b>REMiT 45</b> PT / Gym Floor	06:15 - 07:00 <b>KEISER CYCLING</b> PT / Cycle Studio	06:15 - 07:00 <b>BUILD AND BURN</b> PT / Gym Floor	06:15 - 07:00 <b>KEISER CYCLING</b> PT / Cycle Studio	08:15 - 09:00 <b>KEISER CYCLING</b> PT / Cycle Studio	08:30 - 09:15 <b>CIRCUITS</b> PT / Gym Floor
07:00 - 07:45 <b>CIRCUITS</b> PT / REMiIT Studio	07:15 - 07:45 <b>EXPRESS KEISER</b> PT / Cycle Studio	07:10 - 07:50 <b>KETTLEBELLS</b> PT / Studio 2	07:15 - 07:45 <b>EXPRESS KEISER</b> PT / Cycle Studio	09:15 - 10:00 <b>CIRCUITS</b> PT / Gym Floor	09:15 - 10:00 <b>BARZ</b> PT / Main Studio	09:30 - 10:00 <b>EXPRESS KEISER</b> PT / Cycle Studio
09:15 - 10:00 <b>KEISER CYCLING</b> PT / Cycle Studio	09:15 - 10:15 <b>PILATES</b> Becca / Main Studio	09:15 - 10:15 <b>PILATES</b> Carole / Studio 2	09:15 - 10:15 <b>HATHA YOGA</b> Dec / Studio 2	09:30 - 10:15 <b>BODYWORKS</b> Donna / Main Studio	10:15 - 11:15 <b>HATHA YOGA</b> Louise / Main Studio	10:00 - 11:00 <b>HATHA YOGA</b> Eve / Main Studio
09:15 - 10:15 <b>HATHA YOGA</b> Louise / Main Studio	09:15 - 10:00 <b>POWER</b> PT / Gym Floor	09:15 - 10:00 <b>LEGS, BUMS &amp; TUMS</b> PT / Main Studio	09:15 - 10:00 <b>BARZ</b> PT / Main Studio	10:30 - 11:30 <b>PILATES</b> Carole / Main Studio	10:15 - 10:45 <b>CORE BLAST</b> PT / Studio 2	10:15 - 11:00 <b>BUILD &amp; BURN</b> PT / Gym Floor
10:15 - 11:00 <b>AQUA</b> Donna / Pool	10:30 - 11:45 <b>HATHA YOGA &amp; MEDITATION</b> Becky / Studio 2	10:20 - 11:20 <b>PILATES GOLD</b> Carole / Studio 2	10:15 - 11:00 <b>TOTAL BODY WORKOUT</b> Nicky / Main Studio	10:30 - 11:15 <b>AQUA</b> Donna / Pool	11:15 - 12:15 <b>STRETCH &amp; TONE</b> Louise / Main Studio	11:15 - 12:00 <b>LEGS, BUMS &amp; TUMS</b> PT / Main Studio
10:30 - 11:30 <b>PILATES</b> Carole / Main Studio	10:30 - 11:15 <b>BODYWORKS</b> Ashley / Main Studio	10:30 - 11:15 <b>AQUA</b> Nicky / Pool	11:15 - 12:00 <b>AQUA</b> Nicky / Pool	10:30 - 11:15 <b>STRETCH &amp; RELAX</b> Sarah / Studio 2		
11:30 - 12:15 <b>ZUMBA GOLD</b> Marnie / Main Studio	11:15 - 11:45 <b>STEP</b> Ashley / Main Studio	11:30 - 12:30 <b>DYNAMIC YOGA</b> Nicky / Studio 2	11:15 - 12:15 <b>PILATES</b> Becca / Main Studio	11:30 - 12:15 <b>LEGS, BUMS &amp; TUMS</b> PT / Main Studio		
12:30 - 13:15 <b>MOVEMENT MIX</b> Marnie / Main Studio	17:15 - 18:00 <b>REMiT 45</b> PT / Gym Floor	17:15 - 18:00 <b>TOTALLY SHREDDED</b> Sarah / Studio 2	17:15 - 18:15 <b>BOXING CIRCUITS</b> Kieran / Main Studio	12:30 - 13:15 <b>BARRE</b> Sarah / Studio 2		
17:15 - 18:00 <b>AQUA</b> Nicky / Pool	18:00 - 19:00 <b>PILATES</b> Becky / Studio 2	17:45 - 18:45 <b>BARZ + CORE</b> PT / Main Studio	18:15 - 19:00 <b>ZUMBA</b> Marnie / Main Studio	17:30 - 18:00 <b>EXPRESS KEISER</b> PT / Cycle Studio		
17:30 - 18:00 <b>EXPRESS KEISER</b> PT / Cycle Studio	18:15 - 19:00 <b>LEGS BUMS &amp; TUMS</b> PT / Main Studio	18:00 - 18:45 <b>AQUA</b> Jo / Pool	18:30 - 19:15 <b>BUILD AND BURN</b> PT / Gym Floor	18:15 - 19:00 <b>BARZ</b> PT / Main Studio		
18:00 - 18:45 <b>STEP</b> Diana / Studio 2	19:00 - 20:00 <b>RESTORATIVE YOGA</b> Becky / Studio 2	18:15 - 19:00 <b>PILATES</b> Sarah / Studio 2	19:00 - 20:00 <b>HATHA YOGA</b> Fiona / Main Studio			
18:15 - 19:00 <b>POWER</b> PT / Gym Floor	19:15 - 20:00 <b>ZUMBA</b> Marnie / Main Studio	19:00 - 20:00 <b>HATHA YOGA</b> Kerry / Main Studio				
18:15 - 19:15 <b>DYNAMIC YOGA</b> Nicky / Main Studio	19:15 - 19:45 <b>BLAST</b> PT / Gym Floor	19:00 - 19:45 <b>KEISER CYCLING</b> PT / Cycle Studio				
19:00 - 19:45 <b>ZUMBA</b> Diana / Studio 2						

- High Intensity, Functional Classes**  
(REMiT, Power, Blast, Circuits)
- Combat Classes**  
(Totally Shredded, Boxing Fitness)
- Cycle Classes**  
(Keiser, Express Keiser)
- Strength Classes**  
(Barz, Build & Burn, Kettlebells)
- Toning Classes**  
(Legs Bums & Tums, Stretch and Tone, Total Body Workout, Step Aerobics, Barre)
- Dance**  
(Zumba, Movement mix)
- Pool Classes**  
(Aqua)
- Energising Holistic Classes**  
(Pilates, Hatha Yoga, Dynamic Yoga)
- Relaxing Holistic Classes**  
(Restorative, Stretch and Relax)

# REYNOLDS FITNESS SPA BEXLEY

## CLASS DESCRIPTIONS

### AQUA

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

### BARRE

Barre is a high repetition yet low impact Ballet/Pilates fusion workout. Barre is the workout to sculpt you a longer, leaner and stronger.

### BARZ

Barz is a fast-paced, barbell-based class that's designed to help you get lean, toned and fit. It uses motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

### MEDITATION

Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

### BODYWORKS

Bodyworks is a low impact fitness class focusing on boosting endurance & strength whilst ensuring that each individual's needs are catered for. Keeping muscle and fitness levels high is important in all stages of life, especially as we start to get older.

### CIRCUITS

In a circuits class, you move round the room in small groups trying different exercises and activities for short periods of time, taking on cardio, resistance and strength training activities at various stations.

### LEGS BUMS & TUMS

Shape up by targeting your glute muscles, thighs and abdominals in this challenging conditioning workout. Isolating each body part helps to develop tone and definition.

### MOVEMENT MIX

Great for mind, body and soul. Move and dance to classic and current songs. Sing too if you like!

### PILATES

Pilates concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

### KEISER

Feed off the incredible energy in the room with a mix of fast sprints and heavy climbs all timed to the beat of the music. You'll be counting down the hours till you're back in the saddle once again. Express are 30 mins. Keiser classes are 45 mins.

### TOTALLY SHREDDED

Totally shredded is a high intensity drum and bass workout combining boxing, kick boxing and dance to make working out an addiction.

### STEP AEROBICS

Step Aerobics is a choreographed cardio workout using a step. It is a fun and up tempo way to get your heart pumping and stay fit.

### STRETCH AND TONE

During Stretch and Tone we will be focusing on body alignment with progressive moves to lengthen and strengthen our muscles. Great for those wanting to build flexibility, mobility, and strength.

### POWER

In Power we will focus on our functional strength and power. These exercises equip you for the most important type of real life fitness, like bending, lifting, pushing, pulling etc. Combined with explosive training to hone our fitness levels, burn calories, and finishing with an abs blast.

### TOTAL BODY

Total Body Workout is an amazing class for those wanting to work on muscle tone and fitness level. In this class we are working with a mix of weights and bodyweight to sculpt and develop muscle.

### REMiiT45

REMiiT Stands for 'Reynolds Effort Monitored Intensity Interval Training'. We will be working in target zones based on heart rate, helping us focus on developing endurance, strength and heart health. We recommend that you utilise a MyZone belt during this class.

### YOGA

Yoga is a practice that connects the body, spirit and mind. It uses physical postures, breathing exercises, and meditation to improve overall wellbeing. There are a range of styles between sessions so please speak to the instructors to learn more about each one.

### ZUMBA

Zumba is a class in which you burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired but other types of modern music are often included.