

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 06:45 <b>EXPRESS KEISER</b> PT - Spin Studio	06:15 - 06:45 <b>REMiIT</b> PT - REMiIT Studio	06:15 - 07:00 <b>POWER</b> PT - REMiIT Studio	06:15 - 07:00 <b>BUILD &amp; BURN</b> PT - REMiIT Studio	06:15 - 06:45 <b>BLAST</b> PT - REMiIT Studio	09:15 - 10:15 <b>BARZ &amp; CORE</b> PT - Main Studio	08:45 - 09:15 <b>EXPRESS KEISER</b> PT - Spin Studio
07:00 - 07:45 <b>POWER</b> PT - REMiIT Studio	07:00 - 07:45 <b>CIRCUITS</b> PT - REMiIT Studio	07:15 - 07:45 <b>BLAST</b> PT - REMiIT Studio	07:15 - 07:45 <b>REMiIT</b> PT - REMiIT Studio	07:00 - 07:45 <b>CIRCUITS</b> PT - REMiIT Studio	10:30 - 11:15 <b>KEISER CYCLING</b> PT - Spin Studio	09:30 - 10:15 <b>DANCE FIT</b> Melissa - Main Studio
09:15 - 10:00 <b>CIRCUITS</b> PT - REMiIT Studio	09:15 - 10:00 <b>BARZ</b> PT - Main Studio	09:15 - 10:15 <b>YOGALATES</b> Melissa - Main Studio	09:15 - 10:00 <b>POWER</b> PT - REMiIT Studio	08:00 - 09:00 <b>BOXING FITNESS</b> Josh - Main Studio	10:30 - 11:15 <b>STEP AEROBICS</b> Gosia - Main Studio	09:30 - 10:15 <b>CIRCUITS</b> PT - REMiIT Studio
09:15 - 10:00 <b>LEGS, BUMS &amp; TUMS</b> Cailun - Main Studio	10:00 - 11:00 <b>HATHA YOGA</b> Alex - Main Studio	09:30 - 10:15 <b>KEISER CYCLING</b> PT - Spin Studio	09:15 - 10:00 <b>DANCE FIT</b> Justina - Main Studio	09:15 - 10:00 <b>LEGS, BUMS &amp; TUMS</b> Cailun - Main Studio	11:30 - 12:15 <b>AQUA</b> Gosia - Pool	10:30 - 11:15 <b>AQUA</b> Melissa - Pool
10:15 - 11:00 <b>PILATES</b> Alex - Main Studio	10:15 - 11:00 <b>CIRCUITS</b> PT - REMiIT Studio	10:30 - 11:15 <b>BUILD &amp; BURN</b> PT - REMiIT Studio	10:15 - 10:45 <b>BLAST</b> PT - REMiIT Studio	09:15 - 10:00 <b>KEISER CYCLING</b> Martyn - Spin Studio		10:30 - 11:30 <b>PILATES</b> Sarah - Main Studio
10:15 - 10:45 <b>BLAST</b> PT - REMiIT Studio	10:30 - 11:15 <b>AQUA</b> Cheryle - Pool	10:25 - 11:10 <b>STEP AEROBICS</b> Gosia - Main Studio	10:15 - 11:15 <b>CHAIR YOGA</b> Alex - Main Studio	10:15 - 11:00 <b>STRETCH &amp; TONE</b> Alex - Main Studio		11:30 - 12:30 <b>HATHA YOGA</b> Sarah - Main Studio
10:30 - 11:15 <b>AQUA</b> Cheryle - Pool	17:30 - 18:30 <b>BOXING FITNESS</b> Josh - REMiIT Studio	11:15 - 12:00 <b>ZUMBA</b> Sarah C - Main Studio	11:30 - 12:30 <b>PILATES</b> Alex - Main Studio	11:15 - 12:15 <b>CHAIR YOGA</b> Alex - Main Studio		
11:00 - 11:45 <b>STRETCH AND TONE</b> Alex - Main Studio	18:00 - 18:45 <b>LEGS, BUMS &amp; TUMS</b> Sarah - Main Studio	12:15 - 13:00 <b>BARRE</b> Sarah C - Main Studio	17:15 - 18:00 <b>BUILD &amp; BURN</b> PT - REMiIT Studio	12:30 - 13:15 <b>AQUA</b> Sarah - Pool		
17:15 - 18:00 <b>BARZ</b> PT - Main Studio	18:45 - 19:30 <b>BUILD &amp; BURN</b> PT - REMiIT Studio	11:25 - 12:10 <b>AQUA</b> Gosia - Pool	18:00 - 18:45 <b>LEGS, BUMS &amp; TUMS</b> Gosia - Main Studio	17:15 - 17:45 <b>BLAST</b> PT - REMiIT Studio		
18:00 - 19:00 <b>PILATES</b> Sarah - Main Studio	18:45 - 19:45 <b>HATHA YOGA</b> Sarah - Main Studio	17:15 - 18:00 <b>KEISER CYCLING</b> Martyn - Spin Studio	18:15 - 19:00 <b>REMiIT</b> PT - REMiIT Studio	18:00 - 18:45 <b>BARZ</b> PT - Main Studio		
18:15 - 19:00 <b>CIRCUITS</b> PT - REMiIT Studio		18:15 - 19:15 <b>PILATES</b> Sarah - Main Studio	19:00 - 19:45 <b>AQUA</b> Gosia - Pool			
19:15 - 19:45 <b>EXPRESS KEISER</b> PT - Spin Studio		18:15 - 18:45 <b>BLAST</b> PT - REMiIT Studio	19:00 - 20:00 <b>HATHA YOGA</b> Alex - Main Studio			
		19:00 - 19:45 <b>POWER</b> PT - REMiIT Studio				
		19:30 - 20:15 <b>AQUA</b> Sarah - Pool				

- **High Intensity, Functional Classes**  
(REMiIT, Power, Blast, Circuits)
- **Combat Classes**  
(Boxing Fitness)
- **Cycle Classes**  
(Keiser, Express Keiser)
- **Strength Classes**  
(Barz, Strong, Build & Burn)
- **Toning Classes**  
(Legs Bums & Tums, Stretch and Tone, Total Body Workout, Step Aerobics, Barre)
- **Dance**  
(Zumba, Dance Fit)
- **Pool Classes**  
(Aqua)
- **Energising Holistic Classes**  
(Pilates, Hatha Yoga, Yogalates, Chair Yoga)

# REYNOLDS FITNESS SPA SITTINGBOURNE

## CLASS DESCRIPTIONS

### CHAIR YOGA

Chair yoga is a gentle practice that involves seated postures, meditation and breathing practices. Perfect for those that are at the start of their flexibility journey or would like that extra bit of support.

### 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. If you love Pilates this the hybrid session for you.

### 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.

### BLAST

Blast is a 30 minute calorie burner, focusing on High Intensity Interval Training, to help you meet your fitness goals.

### BOXING FITNESS

Come join us for a stress relieving workout. A mix of conditioning and pad work to improve fitness, strength and technique.

### 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, definition.

### DANCE FIT

In dance fit you will be getting a great cardio workout as you dance to different types of music in a variety of styles.

### 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.

### 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.

### STEP

Join us for "Step" An aerobic class carefully programmed with moves on a step to different styles of music. A great workout to make your cardio routine more fun!

### AQUA

Aqua is a great low-impact session in the pool. 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.

### 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.

### YOGALATES

Yogalates combines the strength training of pilates with the flexibility of yoga. The classes will concentrate on strengthening the abdominals, glutes and lower back, and is overall a great class at improving posture, flexibility and muscle tone.

### 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.

### BUILD & BURN

Build and Burn focuses on muscle building with advanced training techniques to help you lift weights and get strong!