

REYNOLDS RETREAT - SPRING TO SUMMER GROUP EXERCISE TIMETABLE

MONDAY

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| 06:15 - 07:00 CIRCUITS PT - REMiIT Studio |
| 08:15 - 09:00 BARZ PT - Main Studio |
| 09:00 - 09:45 PILATES Laura - Uplift Studio |
| 09:30 - 10:15 AQUA PT - Pool |
| 09:45 - 10:30 TOTAL BODY WORKOUT Claire - Main Studio |
| 09:45 - 10:30 STRONG Kaz - Gym Floor |
| 10:30 - 11:15 DANCE FITNESS Claire - Main Studio |
| 10:35 - 11:35 YIN YOGA Kaz - Uplift Studio |
| 11:15 - 12:00 PILATES Claire - Main Studio |
| 12:45 - 13:45 POWER + CORE PT - REMiIT Studio |
| 17:30 - 18:00 EXPRESS KEISER PT - Spin Zone |
| 17:45 - 18:30 ZUMBA Kat - Main Studio |
| 18:05 - 18:50 CIRCUITS PT - REMiIT Studio |
| 18:30 - 19:15 STEP Taigh - Main Studio |
| 19:00 - 19:45 PILATES Laura - Uplift Studio |
| 19:15 - 20:00 TOTAL BODY WORKOUT Taigh - Main Studio |

TUESDAY

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| 06:15 - 07:00 KEISER CYCLING PT - Spin Studio |
| 07:30 - 08:15 LEGS, BUMS & TUMS Ellie - Main Studio |
| 08:30 - 09:15 PILATES UPPER BODY Sam - Main Studio |
| 09:15 - 10:15 PILATES Sam - Main Studio |
| 09:30 - 10:15 AQUA Ellie - Pool |
| 10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio |
| 11:00 - 12:00 HATHA YOGA Philippa - Uplift Studio |
| 11:00 - 11:45 LEGS, BUMS & TUMS Ellie - Main Studio |
| 12:00 - 12:30 EXPRESS KEISER PT - Spin Zone |
| 17:15 - 18:00 REMiIT 45 PT - REMiIT Studio |
| 18:00 - 18:45 TOTAL BODY WORKOUT Philippa - Main Studio |
| 18:15 - 19:00 KEISER CYCLING PT - Spin Zone |
| 18:45 - 19:30 LEGS, BUMS & TUMS Philippa - Main Studio |
| 19:30 - 20:30 HATHA YOGA Philippa - Main Studio |

WEDNESDAY

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| 06:15 - 07:00 REMiIT 45 PT - REMiIT Studio |
| 08:15 - 09:00 KEISER CYCLING PT - Spin Studio |
| 08:30 - 09:30 HATHA YOGA Claire - Main Studio |
| 09:15 - 10:00 BUILD & BURN PT - Gym Floor |
| 09:15 - 10:00 AQUA ZUMBA Kat - Pool |
| 09:30 - 10:15 DANCE FITNESS Claire - Main Studio |
| 10:15 - 11:00 PILATES Claire - Main Studio |
| 11:00 - 11:45 BOXING CIRCUITS Kaz - Main Studio |
| 11:45 - 12:45 YIN YOGA Kaz - Main Studio |
| 12:45 - 13:30 REMiIT 45 PT - REMiIT Studio |
| 17:45 - 18:15 EXPRESS AQUA PT - Pool |
| 18:00 - 18:45 ZUMBA Kat - Main Studio |
| 18:30 - 19:15 BOXING CIRCUITS Regan - REMiIT Studio |
| 19:15 - 20:00 PILATES Laura - Main Studio |

THURSDAY

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| 06:15 - 06:45 BLAST PT - REMiIT Studio |
| 08:15 - 09:00 BARZ PT - Main Studio |
| 09:30 - 10:15 AQUA Ellie - Pool |
| 09:15 - 10:00 PILATES Sarah - Main Studio |
| 09:15 - 10:15 HATHA YOGA Leah - Uplift Studio |
| 10:15 - 11:00 BARRE Sarah - Main Studio |
| 10:20 - 10:50 RESTORE Leah - Uplift Studio |
| 10:15 - 11:00 STRONG Kaz - Gym Floor |
| 11:00 - 12:00 YIN YOGA Kaz - Main Studio |
| 17:15 - 18:00 BUILD & BURN PT - REMiIT Studio |
| 17:30 - 18:15 DANCE FITNESS Taigh - Main Studio |
| 18:15 - 19:00 PILATES Taigh - Main Studio |
| 18:15 - 18:45 EXPRESS KEISER PT - Spin Zone |
| 19:00 - 20:00 RESTORATIVE YOGA Daisy - Uplift Studio |

FRIDAY

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| 07:00 - 07:45 BUILD & BURN PT - REMiIT Studio |
| 08:15 - 09:00 REMiIT 45 PT - REMiIT Studio |
| 08:30 - 09:15 STRETCH AND TONE Philippa - Main Studio |
| 09:15 - 10:00 LEGS, BUMS & TUMS Philippa - Main Studio |
| 9:15 - 10:15 HATHA YOGA Louise - Uplift Studio |
| 09:30 - 10:15 AQUA PT - Pool |
| 10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio |
| 11:15 - 12:00 PILATES Sam - Main Studio |
| 12:15 - 13:00 PILATES UPPER BODY Sam - Main Studio |
| 12:45 - 13:30 BUILD & BURN PT - REMiIT Studio |
| 13:00 - 14:00 INTRO TO PILATES Sam - Main Studio |
| 18:00 - 18:45 BARZ PT - Main Studio |
| 19:00 - 19:45 PILATES Laura - Main Studio |

SATURDAY

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| 09:00 - 10:00 HATHA YOGA Leah - Uplift Studio |
| 09:00 - 09:45 KEISER CYCLING PT - Spin Studio |
| 10:00 - 10:45 BUILD & BURN PT - REMiIT Studio |
| 10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio |
| 11:15 - 12:00 PILATES Laura - Main Studio |
| 12:00 - 13:00 YOGA Laura - Main Studio |

SUNDAY

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| 09:15 - 10:00 STRONG Kaz - Main Studio |
| 09:15 - 10:00 REMiIT 45 PT - REMiIT Studio |
| 10:00 - 11:00 YIN YOGA Kaz - Main Studio |
| 10:15 - 10:45 EXPRESS KEISER PT - Spin Studio |
| 11:00 - 11:30 RESTORE Kaz - Main Studio |

- **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, Aqua Zumba)
- **Energising Holistic Classes**
(Pilates, Hatha Yoga, Vinyasa/Dynamic Yoga)
- **Relaxing Holistic Classes**
(Yin, Restorative Yoga)

REYNOLDS RETREAT

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.

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

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.

BLAST/BUILD & BURN

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

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

BOXING CIRCUITS

Come join us for a stress relieving workout. A mix of conditioning, pad work and shadow boxing 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 and definition.

RESTORE

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

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.

STRONG

Stick to a programme for 12 weeks to help increase your strength! A mix of kettlebells and dumbbells are programmed to strengthen the whole body and core.

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!

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.

DANCE & 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. Dance Fitness classes work with various different styles of dance and music.