

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>06:15 - 07:00</div> <div>KEISER CYCLING</div> <div>PT / Cycle Studio</div>	<div>06:15 - 07:00</div> <div>REMiT 45</div> <div>PT / Gym Floor</div>	<div>06:15 - 07:00</div> <div>KEISER CYCLING</div> <div>Raphael / Cycle Studio</div>	<div>06:15 - 07:00</div> <div>BUILD AND BURN</div> <div>PT / Main Studio</div>	<div>06:15 - 07:00</div> <div>KEISER CYCLING</div> <div>PT / Cycle Studio</div>	<div>08:15 - 09:00</div> <div>KEISER CYCLING</div> <div>PT / Cycle Studio</div>	<div>08:30 - 09:15</div> <div>CIRCUITS</div> <div>PT / Gym Floor</div>
<div>07:15 - 07:45</div> <div>BLAST</div> <div>PT / REMiT Studio</div>	<div>07:15 - 07:45</div> <div>EXPRESS KEISER</div> <div>PT / Cycle Studio</div>	<div>07:10 - 07:50</div> <div>KETTLEBELLS</div> <div>Raphael / Studio 2</div>	<div>07:15 - 07:45</div> <div>EXPRESS KEISER</div> <div>PT / Cycle Studio</div>	<div>09:15 - 10:00</div> <div>CIRCUITS</div> <div>PT / Gym Floor</div>	<div>09:15 - 10:00</div> <div>BARZ</div> <div>PT / Main Studio</div>	<div>09:30 - 10:00</div> <div>EXPRESS KEISER</div> <div>PT / Cycle Studio</div>
<div>09:15 - 10:00</div> <div>KEISER CYCLING</div> <div>PT / Cycle Studio</div>	<div>09:15 - 10:15</div> <div>PILATES</div> <div>Becca / Main Studio</div>	<div>09:15 - 10:15</div> <div>PILATES</div> <div>Carole / Studio 2</div>	<div>09:15 - 10:15</div> <div>HATHA YOGA</div> <div>Dec / Studio 2</div>	<div>09:30 - 10:15</div> <div>BODYWORKS</div> <div>Donna / Main Studio</div>	<div>10:15 - 11:15</div> <div>HATHA YOGA</div> <div>Louise / Main Studio</div>	<div>10:00 - 11:00</div> <div>HATHA YOGA</div> <div>Eve / Main Studio</div>
<div>09:15 - 10:15</div> <div>HATHA YOGA</div> <div>Louise / Main Studio</div>	<div>09:15 - 10:00</div> <div>POWER</div> <div>PT / Gym Floor</div>	<div>09:15 - 10:00</div> <div>LEGS, BUMS &amp; TUMS</div> <div>PT / Main Studio</div>	<div>09:15 - 10:00</div> <div>BARZ</div> <div>PT / Main Studio</div>	<div>10:30 - 11:30</div> <div>PILATES</div> <div>Carole / Main Studio</div>	<div>10:15 - 10:45</div> <div>CORE BLAST</div> <div>PT / Studio 2</div>	<div>10:15 - 11:00</div> <div>BUILD &amp; BURN</div> <div>PT / Gym Floor</div>
<div>10:15 - 11:00</div> <div>AQUA</div> <div>Donna / Pool</div>	<div>10:30 - 11:45</div> <div>HATHA YOGA &amp; MEDITATION</div> <div>Becky / Studio 2</div>	<div>10:20 - 11:20</div> <div>PILATES GOLD</div> <div>Carole / Studio 2</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Nicky / Main Studio</div>	<div>10:30 - 11:15</div> <div>AQUA</div> <div>Donna / Pool</div>	<div>11:15 - 12:15</div> <div>STRETCH &amp; TONE</div> <div>Louise / Main Studio</div>	<div>11:15 - 12:00</div> <div>LEGS, BUMS &amp; TUMS</div> <div>PT / Main Studio</div>
<div>10:30 - 11:30</div> <div>PILATES</div> <div>Carole / Main Studio</div>	<div>10:30 - 11:15</div> <div>BODYWORKS</div> <div>Ashley / Main Studio</div>	<div>10:30 - 11:15</div> <div>AQUA</div> <div>Nicky / Pool</div>	<div>11:15 - 12:00</div> <div>AQUA</div> <div>Nicky / Pool</div>	<div>11:35 - 12:20</div> <div>LEGS, BUMS &amp; TUMS</div> <div>PT / Main Studio</div>		
<div>11:30 - 12:15</div> <div>ZUMBA GOLD</div> <div>Marnie / Main Studio</div>	<div>11:15 - 11:45</div> <div>STEP</div> <div>Ashley / Main Studio</div>	<div>11:30 - 12:30</div> <div>DYNAMIC YOGA</div> <div>Nicky / Studio 2</div>	<div>11:15 - 12:15</div> <div>PILATES</div> <div>Becca / Main Studio</div>	<div>11:30 - 12:15</div> <div>BARRE</div> <div>Sarah / Studio 2</div>		
<div>12:30 - 13:15</div> <div>MOVEMENT MIX</div> <div>Marnie / Main Studio</div>	<div>17:15 - 18:00</div> <div>KETTLEBELLS</div> <div>PT / Studio 2</div>	<div>17:45 - 18:45</div> <div>BARZ + CORE</div> <div>PT / Main Studio</div>	<div>17:45 - 18:30</div> <div>BUILD AND BURN</div> <div>PT / Gym Floor</div>	<div>12:20 - 13:05</div> <div>STRETCH AND RELAX</div> <div>Sarah / Studio 2</div>		
<div>17:15 - 18:00</div> <div>AQUA</div> <div>Nicky / Pool</div>	<div>18:00 - 19:00</div> <div>PILATES</div> <div>Becky / Studio 2</div>	<div>18:00 - 18:45</div> <div>AQUA</div> <div>Jo / Pool</div>	<div>18:15 - 19:00</div> <div>ZUMBA</div> <div>Marnie / Main Studio</div>	<div>18:15 - 19:00</div> <div>BARZ</div> <div>PT / Main Studio</div>		
<div>17:30 - 18:00</div> <div>EXPRESS KEISER</div> <div>PT / Cycle Studio</div>	<div>18:15 - 19:00</div> <div>LEGS BUMS &amp; TUMS</div> <div>PT / Main Studio</div>	<div>18:15 - 19:00</div> <div>PILATES</div> <div>Sarah / Studio 2</div>	<div>18:45 - 19:45</div> <div>BOXING CIRCUITS</div> <div>Kieran / Studio 2</div>			
<div>18:15 - 19:00</div> <div>STEP</div> <div>Diana / Studio 2</div>	<div>19:00 - 20:00</div> <div>HATHA YOGA</div> <div>Becky / Studio 2</div>	<div>19:00 - 20:00</div> <div>HATHA YOGA</div> <div>Kerry / Main Studio</div>	<div>19:00 - 20:00</div> <div>HATHA YOGA</div> <div>Fiona / Main Studio</div>			
<div>18:15 - 19:00</div> <div>POWER</div> <div>PT / Gym Floor</div>	<div>19:15 - 20:00</div> <div>ZUMBA</div> <div>Marnie / Main Studio</div>	<div>19:05 - 19:50</div> <div>BARRE</div> <div>Sarah / Studio 2</div>				
<div>18:15 - 19:15</div> <div>DYNAMIC YOGA</div> <div>Nicky / Main Studio</div>						
<div>19:15 - 20:00</div> <div>ZUMBA</div> <div>Diana / Main Studio</div>						
<div>19:15 - 20:15</div> <div>RESTORATIVE YOGA</div> <div>Hilary / Studio 2</div>						

- High Intensity, Functional Classes (REMiT, Power, Blast, Circuits)
- Combat Classes (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 Yoga, 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.

### 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. Pilates is great for those who are looking to better their body alignment, strengthen and support rehab.

### 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.

### 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/RELAX

During Stretch and Tone we will be focusing on body alignment with progressive moves to lengthen and strengthen our muscles. During Stretch and Relax we are taking our body through a gentle stretch to restore the body

### 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.