

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 07:00 KEISER CYCLING PT / Cycle Studio	06:15 - 07:00 REMiT 45 PT / Gym Floor	06:15 - 07:00 KEISER CYCLING Raphael / Cycle Studio	06:15 - 07:00 BUILD AND BURN PT / Main Studio	06:15 - 07:00 KEISER CYCLING PT / Cycle Studio	08:15 - 09:00 KEISER CYCLING PT / Cycle Studio	08:30 - 09:15 CIRCUITS PT / Gym Floor
07:15 - 07:45 BLAST PT / REMiT Studio	07:05 - 07:35 EXPRESS KEISER PT / Cycle Studio	07:10 - 07:50 KETTLEBELLS Raphael / Studio 2	07:05 - 07:35 EXPRESS KEISER PT / Cycle Studio	07:05 - 07:35 CORE BLAST PT / Studio 2	09:15 - 10:00 BARZ PT / Main Studio	09:30 - 10:00 EXPRESS KEISER PT / Cycle Studio
09:00 - 09:30 EXPRESS AQUA PT / Pool	09:15 - 10:15 PILATES Becca / Main Studio	09:15 - 10:15 PILATES Carole / Studio 2	09:15 - 10:15 HATHA YOGA Dec / Studio 2	09:15 - 10:00 CIRCUITS PT / Gym Floor	10:15 - 11:15 HATHA YOGA Louise / Main Studio	10:00 - 11:00 HATHA YOGA Eve / Main Studio
09:15 - 10:15 HATHA YOGA Louise / Main Studio	09:15 - 10:00 POWER PT / Gym Floor	09:15 - 10:00 LEGS, BUMS & TUMS PT / Main Studio	09:15 - 10:00 BARZ PT / Main Studio	09:30 - 10:15 BODYWORKS Donna / Main Studio	10:15 - 10:45 CORE BLAST PT / Studio 2	10:15 - 11:00 BUILD & BURN PT / Gym Floor
09:45 - 10:15 EXPRESS KEISER PT / Cycle Studio	09:15 - 09:55 BODYWORKS Ashley / Studio 2	10:20 - 11:20 PILATES GOLD Carole / Studio 2	10:20 - 11:05 TAI CHI Dec / Main Studio	10:30 - 11:30 PILATES Carole / Main Studio	11:15 - 12:15 STRETCH & TONE Louise / Main Studio	11:15 - 12:00 LEGS, BUMS & TUMS PT / Main Studio
10:30 - 11:30 PILATES Carole / Main Studio	10:00 - 10:30 STEP Ashley / Studio 2	10:30 - 11:15 AQUA Nicky / Pool	11:15 - 12:00 AQUA Donna / Pool	10:30 - 11:15 AQUA Donna / Pool		
11:30 - 12:15 ZUMBA GOLD Marnie / Main Studio	10:30 - 11:45 HATHA YOGA & MEDITATION Becky / Main Studio	11:30 - 12:30 DYNAMIC YOGA Nicky / Studio 2	11:15 - 12:15 PILATES Becca / Main Studio	11:35 - 12:20 LEGS, BUMS & TUMS PT / Main Studio		
12:30 - 13:15 MOVEMENT MIX Marnie / Main Studio	10:45 - 11:30 AQUA Ashley / Pool	17:45 - 18:45 BARZ + CORE PT / Main Studio	17:45 - 18:30 BUILD AND BURN PT / Gym Floor	11:30 - 12:15 BARRE Sarah / Studio 2		
17:15 - 18:00 AQUA Nicky / Pool	17:15 - 18:00 KETTLEBELLS PT / Studio 2	18:00 - 18:45 AQUA Jo / Pool	18:15 - 19:00 ZUMBA Marnie / Main Studio	12:20 - 13:05 STRETCH AND RELAX Sarah / Studio 2		
17:30 - 18:00 EXPRESS KEISER PT / Cycle Studio	18:00 - 19:00 PILATES Becky / Studio 2	18:15 - 19:00 PILATES Sarah / Studio 2	18:45 - 19:45 BOXING CIRCUITS Kieran / Studio 2	18:15 - 19:00 BARZ PT / Main Studio		
18:15 - 19:00 STEP Diana / Studio 2	18:15 - 19:00 LEGS BUMS & TUMS PT / Main Studio	19:00 - 20:00 HATHA YOGA Kerry / Main Studio	19:00 - 20:00 HATHA YOGA Fiona / Main Studio			
18:15 - 19:00 POWER PT / Gym Floor	19:00 - 20:00 HATHA YOGA Becky / Studio 2	19:05 - 19:50 BARRE Sarah / Studio 2				
18:15 - 19:15 DYNAMIC YOGA Nicky / Main Studio	19:15 - 20:00 ZUMBA Marnie / Main Studio					
19:15 - 20:00 ZUMBA Diana / Main Studio						
19:15 - 20:15 RESTORATIVE YOGA Hilary / Studio 2						

- 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, Tai Chi, 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 individuals 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.

### TAI CHI

During Tai Chi we will be focusing on slow, flowing movements that promote balance, flexibility, and inner calm. This mindful practice connects breath with motion to improve strength, coordination, and overall well-being.

### 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.