

REYNOLDS FITNESS SPA SITTINGBOURNE - SUMMER TO AUTUMN GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>06:15 - 06:45 BLAST PT - REMiiT Studio</div>	<div>06:15 - 06:45 REMiiT PT - REMiiT Studio</div>	<div>06:15 - 07:00 POWER PT -REMiiT Studio</div>	<div>06:15 - 07:00 BUILD & BURN PT - REMiiT Studio</div>	<div>06:15 - 06:45 BLAST PT - REMiiT Studio</div>	<div>09:00 - 10:00 BARZ & CORE PT - Main Studio</div>	<div>08:30 - 09:15 KEISER CYCLING PT - Spin Studio</div>
<div>07:00- 07:45 POWER PT -REMiiT Studio</div>	<div>07:00 - 07:45 CIRCUITS PT - REMiiT Studio</div>	<div>07:15 - 07:45 BLAST PT - REMiiT Studio</div>	<div>07:15 - 07:45 REMiiT PT - REMiiT Studio</div>	<div>07:00 - 07:45 CIRCUITS PT - REMiiT Studio</div>	<div>10:15 - 10:45 EXPRESS KEISER PT - Spin Studio</div>	<div>09:30 - 10:15 DANCE FIT Melissa - Main Studio</div>
<div>09:15 - 10:00 CIRCUITS Alex D -REMiiT Studio</div>	<div>09:15 - 10:00 BARZ PT - Main Studio</div>	<div>09:15 - 10:15 YOGALATES Melissa - Main Studio</div>	<div>09:15 - 10:00 DANCE FIT Justina - Main Studio</div>	<div>07:00 - 07:45 SUNRISE YOGA Sarah - Main Studio</div>	<div>10:15 - 11:00 STEP AEROBICS Gosia - Main Studio</div>	<div>09:30 - 10:15 CIRCUITS PT - REMiiT Studio</div>
<div>09:15 - 10:00 LEGS, BUMS & TUMS Oakleigh - Main Studio</div>	<div>10:00 - 11:00 HATHA YOGA Alex - Main Studio</div>	<div>09:30 - 10:15 KEISER CYCLING PT - Spin Studio</div>	<div>09:30 - 10:15 HYBRID TRAINING PT - REMiiT Studio</div>	<div>08:00 - 09:00 BOXING FITNESS Josh - Main Studio</div>	<div>11:15 - 12:00 AQUA Gosia - Pool</div>	<div>10:30 - 11:15 AQUA Melissa - Pool</div>
<div>10:15 - 11:00 PILATES Alex - Main Studio</div>	<div>10:15 - 11:00 CIRCUITS PT - REMiiT Studio</div>	<div>10:30 - 11:15 BUILD & BURN PT - REMiiT Studio</div>	<div>10:15 - 11:15 CHAIR YOGA Alex - Main Studio</div>	<div>09:15 - 10:00 LEGS, BUMS & TUMS Sarah - Main Studio</div>		<div>10:30 - 11:30 PILATES Sarah - Main Studio</div>
<div>10:15 - 10:45 BLAST PT - REMiiT Studio</div>	<div>10:30 - 11:15 AQUA Cheryle - Pool</div>	<div>10:25 - 11:10 TOTAL BODY WORKOUT Gosia - Main Studio</div>	<div>11:30 - 12:30 PILATES Alex - Main Studio</div>	<div>09:15 - 10:00 KEISER CYCLING Martyn - Spin Studio</div>		<div>11:30 - 12:30 HATHA YOGA Sarah - Main Studio</div>
<div>10:30 - 11:15 AQUA Cheryle - Pool</div>	<div>17:30 - 18:30 BOXING FITNESS Josh - REMiiT Studio</div>	<div>11:25 - 12:10 AQUA Gosia - Pool</div>	<div>17:30 - 18:10 HYBRID TRAINING PT - REMiiT Studio</div>	<div>10:15 - 11:00 STRETCH & TONE Alex - Main Studio</div>		
<div>11:00 - 11:45 STRETCH AND TONE Alex - Main Studio</div>	<div>18:00 - 18:45 LEGS, BUMS & TUMS Sarah - Main Studio</div>	<div>17:15 - 18:00 KEISER CYCLING Martyn - Spin Studio</div>	<div>18:00 - 18:45 LEGS, BUMS & TUMS Gosia - Main Studio</div>	<div>11:15 - 12:15 CHAIR YOGA Alex - Main Studio</div>		
<div>11:45-12:30 DEEP FASCIA RELEASE Alex - Main Studio</div>	<div>18:45 - 19:30 BUILD & BURN PT - REMiiT Studio</div>	<div>18:15 - 19:15 PILATES Sarah - Main Studio</div>	<div>18:10 - 18:55 GROUP CYCLE Pete - Spin Studio</div>	<div>12:30 - 13:15 AQUA Sarah - Pool</div>		
<div>17:30 - 18:15 BARZ PT - Main Studio</div>	<div>18:45 - 19:45 HATHA YOGA Sarah - Main Studio</div>	<div>18:15 - 18:45 BLAST PT - REMiiT Studio</div>	<div>18:15 - 18:30 ABS PT - Gym Floor</div>	<div>17:30 - 18:15 BARZ PT - Main Studio</div>		
<div>18:15 - 19:00 PILATES Sarah - Main Studio</div>		<div>19:00 - 19:45 POWER PT - REMiiT Studio</div>	<div>19:00 - 19:45 AQUA Gosia - Pool</div>	<div>18:30 - 19:15 CIRCUITS PT - REMiiT Studio</div>		
<div>18:30 - 19:15 CIRCUITS PT -REMiiT Studio</div>		<div>19:30 - 20:15 AQUA Sarah - Pool</div>	<div>19:00 - 20:00 HATHA YOGA Alex - Main Studio</div>			
<div>19:00 - 19:45 YOGA Sarah - Main Studio</div>						

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

REYNOLDS FITNESS SPA SITTINGBOURNE

CLASS DESCRIPTIONS

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.

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 quicker 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 toughest 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.

BUILD & BURN

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

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.

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.

DEEP FASCIAL RELEASE

Deep fascial release is a class using trigger point release through the connective tissues in the body. This helps improve circulation, release tight muscles and tension.

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.

HYBRID TRAINING

This class is inspired by fitness races. Prepare to build endurance by taking running, bodyweight moves and functional lifting to the next level.

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.

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!

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.

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.

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.