

REYNOLDS RETREAT - SPRING TO SUMMER 2024 CLASS TIMETABLE

MONDAY

06:15 - 07:00 CIRCUITS PT - REMiIT Studio
8:15 - 9:00 REMiIT 45 PT - REMiIT Studio
09:00 - 09:45 PILATES Laura - Main Studio
09:00 - 09:45 AQUA Claire - Pool
09:45 - 10:30 TOTAL BODY WORKOUT Claire - Main Studio
10:30 - 11:15 ZUMBA Claire - Main Studio
11:00 - 11:45 INTRO TO WEIGHTS Kaz - REMiIT Studio
11:15 - 12:00 PILATES Claire - Main Studio
12:00 - 13:00 YOGA Kaz - Main Studio
12:45 - 13:30 POWER PT - REMiIT Studio
18:00 - 18:45 ZUMBA Kat - Main Studio
18:00 - 18:45 POWER PT - REMiIT Studio
19:00 - 19:30 CORE PT - REMiIT Studio
19:00 - 19:45 PILATES Laura - Main Studio

TUESDAY

06:15 - 06:45 BLAST PT - REMiIT Studio
08:30 - 09:00 EXPRESS KEISER PT - Spin Zone
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 YOGA Philippa - Main Studio
12:00 - 12:45 LEGS, BUMS & TUMS Ellie - Main Studio
13:00 - 13:30 EXPRESS KEISER Ellie - Spin Zone
17:30 - 18:00 EXPRESS KEISER PT - Spin Zone
18:15 - 19:00 BOXING CIRCUITS Philippa - Main Studio
18:15 - 19:00 REMiIT 45 PT - REMiIT Studio
19:15 - 20:00 LEGS, BUMS & TUMS Philippa - Main Studio
20:00 - 21:00 YOGA Philippa - Main Studio

WEDNESDAY

06:15 - 06:45 EXPRESS KEISER PT - Spin Zone
08:30 - 09:30 YOGA Claire - Main Studio
09:15 - 10:00 AQUA ZUMBA Kat - Pool
09:30 - 10:15 ZUMBA Claire - Main Studio
10:30 - 11:00 INTRO TO KEISER PT - Spin Zone
10:15 - 11:00 PILATES Claire - Main Studio
11:00 - 11:45 BOXING CIRCUITS Kaz - Main Studio
11:45 - 12:45 YOGA Kaz -Main Studio
12:45 - 13:30 REMiIT 45 PT - REMiIT Studio
17:30 - 18:00 BLAST PT - REMiIT Studio
18:15 - 19:00 BARZ PT - Main Studio
19:15 - 20:00 PILATES Laura - Main Studio

THURSDAY

06:15 - 07:00 POWER PT - REMiIT Studio
08:30 - 9:00 EXPRESS KEISER PT - REMiIT Studio
09:15 - 10:15 YOGA Leah - Main Studio
09:30 - 10:15 AQUA Ellie - Pool
10:15 - 10:45 MEDITATION Leah - Main Studio
10:45 - 11:30 BOXING CIRCUITS Kaz - Main Studio
11:30 - 12:30 YOGA Kaz - Main Studio
12:45 - 13:30 LEGS, BUMS & TUMS Ellie - Main Studio
17:30 - 18:00 EXPRESS KEISER PT - Spin Zone
18:15 - 19:00 REMiIT 45 PT - REMiIT Studio
18:15 - 19:00 TOTAL BODY WORKOUT Amanda - Main Studio
19:00 - 20:00 INTRO TO YOGA Amanda - Main Studio

FRIDAY

06:15 - 7:00 CIRCUITS PT - Main Studio
08:15 - 9:00 REMiIT 45 PT - REMiIT Studio
09:15 - 10:00 LEGS, BUMS & TUMS Philippa - Main Studio
09:15 - 10:00 AQUA PT - Pool
10:00 - 11:00 YOGA Elliot - Main Studio
11:15 - 12:15 PILATES Sam - Main Studio
12:15 - 13:00 PILATES UPPER BODY Sam - Main Studio
12:30 - 13:00 EXPRESS KEISER PT - Spin Zone
13:00 - 14:00 INTRO TO PILATES Sam - Main Studio
13:15 - 13:45 BLAST PT - REMiIT Studio
18:15 - 19:00 BARZ PT - Main Studio
19:15 - 20:00 PILATES Laura -Main Studio

SATURDAY

08:30 - 09:00 EXPRESS KEISER PT - Spin Zone
09:00 - 10:00 YOGA Leah - Main Studio
09:15 - 10:00 CIRCUITS PT - REMiIT Studio
10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio
11:15 - 12:00 BOXING CIRCUITS Philippa - REMiIT Studio
11:15 - 12:00 PILATES Laura - Main Studio
12:00 - 13:00 IYENGAR YOGA Laura - Main Studio

SUNDAY

08:30 - 09:00 BLAST PT - REMiIT Studio
09:15 - 10:00 BARZ PT - Main Studio
09:15 - 10:00 INTRO TO WEIGHTS Kaz - REMiIT Studio
10:00 - 11:00 YOGA Kaz -Main Studio
11:00 - 11:30 MEDITATION Kaz -Main Studio
10:15 - 10:45 INTRO TO KEISER PT - Spin Zone



REYNOLDS RETREAT

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.

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.

BARZ

Barz is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

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.

INTRO TO

Weights/Pilates/Yoga/Keiser

Our Intro To classes are "beginner friendly" classes that are a great way at building your confidence in certain styles of classes and training.

BLAST

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

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.

MEDITATION

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

PILATES

Pilates is a form of exercise which 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.

EXPRESS KEISER

Feed off the incredible energy in the room with a combination of endurance and strength building cycle intervals. 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.

IYENGAR YOGA

Whether you're seeking to improve flexibility, build strength, or find inner peace, Iyengar Yoga offers a transformative journey towards holistic well-being, nurturing a deeper connection to self and the world around you.

POWER

In Power we will be focusing on our functional strength and power. Functional fitness training is a type of strength training. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, like bending, lifting, pushing, pulling, and squatting. Combined with explosive training to hone our fitness levels and burn calories.

TOTAL BODY WORKOUT

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.

REMiT45

REMiT Stands for Reynolds Effort Monitored Intensity Interval Training. Watch your fitness improve class on class as we focus exercise on effort rather than fitness level. 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. The perfect class for those wanting to improve their fitness level.

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall physical and mental health. There are a range of styles between sessions from Vinyasa to Yin Yoga, please speak to the team to find out recommended classes.

ZUMBA

Zumba is a form of fitness class in which you burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired such as salsa, merengue and samba, but also other types of modern music like hip hop and Bollywood