

REYNOLDS RETREAT - SUMMER TO AUTUMN GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>06:15 - 07:00</div> <div>CIRCUITS</div> <div>PT - REMiIT Studio</div>	<div>06:15 - 07:00</div> <div>POWER</div> <div>PT - REMiIT Studio</div>	<div>06:15 - 07:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>06:15 - 06:45</div> <div>EXPRESS KEISER</div> <div>PT - Spin Studio</div>	<div>07:00 - 07:45</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>09:00 - 10:00</div> <div>HATHA YOGA</div> <div>Leah - Uplift Studio</div>	<div>09:15 - 10:00</div> <div>BARRE</div> <div>Gee - Main Studio</div>
<div>08:15 - 09:00</div> <div>BARZ</div> <div>PT - Main Studio</div>	<div>07:30 - 08:15</div> <div>LEGS, BUMS & TUMS</div> <div>Ellie - Main Studio</div>	<div>08:15 - 09:00</div> <div>KEISER CYCLING</div> <div>PT - Spin Studio</div>	<div>06:50 - 07:05</div> <div>CORE BLAST</div> <div>PT - Main Studio</div>	<div>07:50 - 08:35</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>09:00 - 09:45</div> <div>KEISER CYCLING</div> <div>PT - Spin Studio</div>	<div>09:15 - 10:00</div> <div>STRONG</div> <div>Kaz - Gym Floor</div>
<div>09:00 - 09:45</div> <div>PILATES</div> <div>Laura - Uplift Studio</div>	<div>08:30 - 09:15</div> <div>PILATES UPPER BODY</div> <div>Sam - Main Studio</div>	<div>08:30 - 09:30</div> <div>HATHA YOGA</div> <div>Claire - Main Studio</div>	<div>08:15 - 09:00</div> <div>BARZ</div> <div>PT - Main Studio</div>	<div>09:15 - 10:00</div> <div>CARDIO & CORE</div> <div>Philippa - Gym Floor</div>	<div>10:00 - 10:45</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>09:30 - 10:00</div> <div>EXPRESS KEISER</div> <div>PT - Spin Studio</div>
<div>09:30 - 10:15</div> <div>AQUA</div> <div>PT - Pool</div>	<div>09:15 - 10:15</div> <div>PILATES</div> <div>Sam - Main Studio</div>	<div>09:15 - 10:00</div> <div>BUILD & BURN</div> <div>PT - Gym Floor</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>Ellie - Pool</div>	<div>9:15 - 10:15</div> <div>HATHA YOGA</div> <div>Louise - Main Studio</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>10:05 - 11:05</div> <div>YIN YOGA</div> <div>Kaz - Main Studio</div>
<div>09:45 - 10:30</div> <div>TOTAL BODY WORKOUT</div> <div>Claire - Main Studio</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>Ellie - Pool</div>	<div>09:15 - 10:00</div> <div>AQUA ZUMBA</div> <div>Kat - Pool</div>	<div>09:15 - 10:00</div> <div>PILATES</div> <div>Sarah - Main Studio</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>PT - Pool</div>	<div>11:15 - 12:00</div> <div>PILATES</div> <div>Laura - Main Studio</div>	<div>10:15 - 11:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>
<div>09:45 - 10:30</div> <div>STRONG</div> <div>Kaz - Gym Floor</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>09:30 - 10:15</div> <div>DANCE FITNESS</div> <div>Claire - Main Studio</div>	<div>09:15 - 10:15</div> <div>HATHA YOGA</div> <div>Leah - Uplift Studio</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>12:00 - 13:00</div> <div>HATHA YOGA</div> <div>Laura - Main Studio</div>	<div>11:05 - 11:35</div> <div>RESTORE</div> <div>Kaz - Main Studio</div>
<div>10:30 - 11:15</div> <div>DANCE FITNESS</div> <div>Claire - Main Studio</div>	<div>10:30 - 11:30</div> <div>HATHA YOGA</div> <div>Louise - Uplift Studio</div>	<div>10:15 - 11:00</div> <div>PILATES</div> <div>Claire - Main Studio</div>	<div>10:15 - 11:00</div> <div>BARRE</div> <div>Sarah - Main Studio</div>	<div>11:15 - 12:00</div> <div>PILATES</div> <div>Sam - Main Studio</div>		
<div>10:35 - 11:35</div> <div>YIN YOGA</div> <div>Kaz - Uplift Studio</div>	<div>11:00 - 11:45</div> <div>LEGS, BUMS & TUMS</div> <div>Ellie - Main Studio</div>	<div>10:15 - 11:00</div> <div>BOXING CIRCUITS</div> <div>Kaz - Gym Floor</div>	<div>10:20 - 10:50</div> <div>RESTORE</div> <div>Leah - Uplift Studio</div>	<div>12:15 - 13:00</div> <div>PILATES UPPER BODY</div> <div>Sam - Main Studio</div>		
<div>11:15 - 12:00</div> <div>PILATES</div> <div>Claire - Main Studio</div>	<div>17:15 - 18:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>11:00 - 12:00</div> <div>YIN YOGA</div> <div>Kaz - Main Studio</div>	<div>10:15 - 11:00</div> <div>STRONG</div> <div>Kaz - Gym Floor</div>	<div>12:45 - 13:30</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>		
<div>12:00 - 13:00</div> <div>POWER + CORE</div> <div>PT - REMiIT Studio</div>	<div>17:45 - 18:30</div> <div>BARRE</div> <div>Ellie - Main Studio</div>	<div>12:45 - 13:30</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>11:00 - 12:00</div> <div>YIN YOGA</div> <div>Kaz - Main Studio</div>	<div>13:00 - 14:00</div> <div>INTRO TO PILATES</div> <div>Sam - Main Studio</div>		
<div>17:30 - 18:00</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>	<div>18:30 - 19:15</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>17:45 - 18:15</div> <div>EXPRESS AQUA</div> <div>PT - Pool</div>	<div>11:15 - 11:45</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>	<div>18:00 - 18:45</div> <div>BARZ</div> <div>PT - Main Studio</div>		
<div>17:45 - 18:30</div> <div>ZUMBA</div> <div>Kat - Main Studio</div>	<div>18:15 - 19:00</div> <div>KEISER CYCLING</div> <div>PT - Spin Zone</div>	<div>18:00 - 18:45</div> <div>ZUMBA</div> <div>Kat - Main Studio</div>	<div>17:15 - 18:00</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>19:00 - 19:45</div> <div>PILATES</div> <div>Laura - Main Studio</div>		
<div>18:05 - 18:50</div> <div>CIRCUITS</div> <div>PT - REMiIT Studio</div>	<div>19:15 - 20:15</div> <div>HATHA YOGA</div> <div>Philippa - Main Studio</div>	<div>18:30 - 19:15</div> <div>BOXING CIRCUITS</div> <div>Regan - REMiIT Studio</div>	<div>17:30 - 18:15</div> <div>DANCE FITNESS</div> <div>Taigh - Main Studio</div>			
<div>18:45 - 19:30</div> <div>PILATES</div> <div>Laura - Main Studio</div>		<div>19:00 - 19:45</div> <div>PILATES</div> <div>Laura - Main Studio</div>	<div>18:15 - 19:00</div> <div>PILATES</div> <div>Taigh - Main Studio</div>			
<div>19:30 - 20:30</div> <div>HATHA YOGA</div> <div>Laura - Main Studio</div>			<div>18:15 - 18:45</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>			
			<div>19:00 - 20:00</div> <div>RESTORATIVE YOGA</div> <div>Daisy - Uplift Studio</div>			

- 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, Core)
- 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 joints.

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 body.

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.

CORE FOCUSED CLASSES

"Core Blast" is a 15 minute abs workout designed to compliment your gym or class routine. Cardio & Core is a 45 minute abs and cardio workout for those want to gain a stronger core and strengthen their obliques and back

LEGS BUMS & TUMS

Shape up by targeting your glute muscles, thighs and core in this weights and resistance focused 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.

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.