BEXLEY
CLASS TIMETABLE

	MON 24TH DEC	TUE 25TH DEC	WED 26TH DEC	THURS 27TH DEC	FRI 28TH DEC	SAT 29TH DEC	SUN 30TH DEC
MORNING	*9:15 - 10:00* KEISER CYCLING *Keiser Studio* *10:00 - 10:45* HIIT *Studio 1*	CHRISTMAS DAY	BOXING DAY	*9:15 - 10:00* KEISER *Keiser Studio* *10:00 - 10:45* HIIT *Studio 1*	*9:15 - 10:00* KEISER CYCLING *Keiser Studio* *10:00 - 10:45* VIPR *Studio 1*	*10:00 - 11:00* BODY PUMP *Studio 1* *11:00 - 12:00* BODY BALANCE *Studio 1*	*08:45 - 09:15* EXPRESS KEISER *Keiser Studio* *09:15 - 10:15* CIRCUITS *Studio I*
AFTERNOON							
EVENING				*18:15 - 19:00* KEISER CYCLING *Keiser Studio* *19:00 - 20:00* BODY PUMP *Studio 1*			

To book any class please ask at reception or call 01322 522209

REYNOLDS FITNESS SPA

BEXLEY

CLASS TIMETABLE

ACTIVE 50+

A conditioning class to inspire members aged 50 plus to try something new improving physical health as well as mental wellbeing.

AQUA/WATERWORKS

With aerobics, toning and aqua circuit, it's a total body workout for the pool. This session is great if you want the workout without the impact. Appropriate swim gear required.

BODY BALANCE

This is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength.Controlled breathing and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODY COMBAT

This is a Les Mills choreographed exercise to music. Inspired by martial arts drawing from an array of disciplines such as boxing and Tai Chi. Body Combat reduces stress whilst encouraging self confidence. This is a mixed ability class.

BODY CONDITIONING

Suitable to all levels. A head to toe workout focusing on strengthening exercises, aerobic exercises and endurance.

BODY PUMP

This is a Les Mills choreographed exercise to music. High repetition weight training and aerobic conditioning will tone your body, help you lose weight and will change your body shape. Please speak to the instructor if you are unsure if this is the class for you.

CIRCUITS

The studio is set up with various exercise stations, you'll move around each station and workout different muscle groups. You'll test both your cardio and strength for an all-round chal-lenge. Suitable for all levels you'll work at your own individual pace.

CORE STABILITY

30 minute low impact work out that is driven from the core. Pilates based core work creates amazing results for the posture and abdominals. Great for 6 weeks post natal mums and those suffering with weak pelvic floor or lower limb joint injuries.

HIIT

High intensity interval training (HIIT) is a type of full body training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. It also improves the ability of the muscles to burn fat.

KEISER CYCLING

Either 30 or 45 minutes. Build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

KICKBOXERCISE

A non-contact boxing class combining traditional kickboxing techniques with circuit based exercises, creating a fun full body workout for all levels of fitness

PILATES

This is an exercise system that focuses on stretching and strengthening the whole body to improve balance, musclestrength, flexibility and posture.

PILATES 50+

This class aims to strengthen the body with particular emphasis on flexibility balance and posture to improve general fitness and wellbeing for people with injuries or the over 50s.

SENIOR YOGA

Perfect for seniors or people with disabilities. A gentle yoga class strengthening and stretching the whole body.

STRONG

Stop counting the reps. Start training to the beat. STRONG by Zumba®- combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In a one-hour class you will burncalories while toning arms, legs, abs and glutes.

ViPR

Vitality Performance Reconditioning (ViPR) is built around loaded movement training. This class will work your core, thighs and glutes to the absolute max.

YOGA

Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress.

ZUMBA®

Get involved in the biggest fitness craze of the decade - Zumba®. It's perfect for everybody and is designed to bring people together. It's fused with Latin and World rhythms, mixed with low and high intensity dance moves and a super fun way to burn calories.

ZUMBA GOLD

Easy to follow Zumba choreography at a lower intensity focusing on all elements of fitness whilst having fun.