

REYNOLDS FITNESS SPA BEXLEY - SUMMER TO AUTUMN CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 07:00 KEISER CYCLING PT / Spin Studio	06:15 - 07:00 CIRCUITS PT / REMiIT Studio	06:15 - 06:45 EXPRESS KEISER PT / Spin Studio	06:15 - 06:45 BLAST PT / REMiIT Studio	06:15 - 07:00 KEISER CYCLING PT / Spin Studio	08:15 - 09:00 KEISER CYCLING PT / Spin Studio	08:15 - 09:00 REMiIT 45 PT / REMiIT Studio
07:15 - 08:00 POWER PT / REMiIT Studio	07:05 - 07:35 EXPRESS KEISER PT / Spin Studio	06:50 - 07:35 KETTLEBELLS PT / REMiIT Studio	06:50 - 07:25 EXPRESS KEISER PT / Spin Studio	07:15 - 08:00 CIRCUITS PT / REMiIT Studio	09:15 - 10:00 BARZ PT / Main Studio	09:15 - 10:00 KEISER CYCLING PT / Spin Studio
09:15 - 09:45 EXPRESS KEISER PT / Spin Studio	09:15 - 10:00 POWER PT / REMiIT Studio	09:15 - 10:15 PILATES Carole / Main Studio	09:15 - 10:15 YOGA Dec / Main Studio	09:15 - 10:15 PILATES Carole / Main Studio	10:15 - 11:00 KETTLEBELLS PT / REMiIT Studio	10:00 - 11:00 YOGA Eve / Main Studio
09:15 - 10:15 YOGA Fiona / Main Studio	09:15 - 10:15 PILATES Becca / Main Studio	09:15 - 10:00 KETTLEBELLS PT / REMiIT Studio	09:15 - 10:00 REMiIT 45 PT / REMiIT Studio	10:30 - 11:15 BODYWORKS Donna / Main Studio	10:15 - 11:15 YOGA Louise / Main Studio	10:15 - 11:00 CIRCUITS PT / REMiIT Studio
10:15 - 11:15 PILATES Carole / Main Studio	10:30 - 11:30 YOGA Becky / Main Studio	10:20 - 11:20 PILATES GOLD Carole / Main Studio	10:15 - 11:00 TOTAL BODY WORKOUT Nicky / Main Studio	11:30 - 12:15 LEGS, BUMS & TUMS PT / Main Studio	11:15 - 12:15 STRETCH & TONE Louise / Main Studio	11:15 - 12:00 LEGS, BUMS & TUMS PT / Main Studio
10:15 - 11:00 AQUA Donna / Pool	11:30 - 12:00 MEDITATION Becky / Main Studio	10:30 - 11:15 AQUA Nicky / Pool	11:15 - 12:00 AQUA Nicky / Pool	11:30 - 12:15 AQUA Donna / Pool	12:30 - 13:15 LEGS, BUMS & TUMS PT / Main Studio	
11:30 - 12:15 ZUMBA GOLD Marnie / Main Studio	12:15 - 13:00 BODYWORKS Ashley / Main Studio	11:30 - 12:30 YOGA Nicky / Main Studio	11:15 - 12:15 PILATES Becca / Main Studio	17:30 - 18:15 BARZ PT / Main Studio		
12:30 - 13:15 MOVEMENT MIX Marnie / Main Studio	17:15 - 17:45 BLAST PT / REMiIT Studio	12:00 - 12:45 POWER PT / REMiIT Studio	17:15 - 18:00 CIRCUITS PT / REMiIT Studio	18:20 - 18:50 CORE PT / Main Studio		
17:15 - 18:00 AQUA Nicky / Pool	18:00 - 19:00 PILATES Becky / Main Studio	17:15 - 17:45 EXPRESS KEISER PT / Spin Studio	18:15 - 19:00 ZUMBA Marnie / Main Studio			
17:30 - 18:15 KETTLEBELLS PT / REMiIT Studio	18:00 - 18:30 EXPRESS KEISER PT / Spin Studio	18:00 - 18:45 BARZ PT / Main Studio	18:15 - 19:00 POWER PT / REMiIT Studio			
18:15 - 19:15 YOGA Nicky / Main Studio	18:45 - 19:15 CORE PT / REMiIT Studio	18:00 - 18:45 AQUA Jo / Pool	19:00 - 20:00 YOGA Fiona / Main Studio			
18:30 - 19:15 POWER PT / REMiIT Studio	19:15 - 20:00 ZUMBA Marnie / Main Studio	19:00 - 20:00 YOGA Kerry / Main Studio				
19:30 - 20:15 LEGS, BUMS & TUMS PT / Main Studio						



REYNOLDS FITNESS SPA BEXLEY

CLASS DESCRIPTIONS

BODYWORKS

Bodyworks is a low impact fitness class. Focusing on boosting endurance, strength and power whilst ensuring that we are catering for each individual's needs. Keeping muscle and fitness levels high is important in all stages of life, especially as we start to get older.

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

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

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles

KEISER

Feed off the incredible energy in the room with a combination of endurance and strength building 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. Keiser Cycling is a 45 minute cycle, whilst Express Keiser is 30.

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

KETTLEBELLZ

Kettlebellz is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups.

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

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.

MOVEMENT MIX

Great for mind, body and soul. Come and move and dance to classic and current songs. Sing too if you like!


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

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.

REMiT



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.

TOTAL BODY WORKOUT

A total body conditioning session using light weights, resistance bands & your own bodyweight to strengthen, tone & sculpt both upper & lower body. Plenty of options offered, so that you can work at your own level.

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health

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