

# REYNOLDS RETREAT CLASS TIMETABLE

## MONDAY

06:30 - 07:00  
**EXPRESS KEISER**  
Keiser Studio

07:15 - 08:00  
**REMiiT VARIANCE**  
Gym

08:15 - 09:00  
**PILATES**  
Main Studio

09:30 - 10:15  
**AQUA**  
Pool

09:30 - 10:15  
**KEISER CYCLING**  
Keiser Studio

10:15 - 11:00  
**ZUMBA**  
Main Studio

11:00 - 11:45  
**PILATES**  
Main Studio

12:00 - 12:45  
**REMiiT POWER**  
Gym

12:00 - 13:00  
**YOGA**  
Main Studio

17:15 - 17:45  
**EXPRESS KEISER**  
Keiser Studio

18:00 - 18:30  
**REMiiT KETTLEBELLZ**  
Gym

19:00 - 19:45  
**PILATES**  
Main Studio

19:15 - 19:45  
**EXPRESS KEISER**  
Keiser Studio

## TUESDAY

06:15 - 06:45  
**REMiiT BLAST**  
Gym

07:30 - 08:15  
**REMiiT BODYWORX**  
Gym

08:45 - 09:15  
**EXPRESS KEISER**  
Keiser Studio

10:15 - 11:15  
**YOGA**  
Main Studio

12:00 - 12:45  
**LEGS BUMS & TUMS**  
Main Studio

17:30 - 18:00  
**REMiiT BLAST**  
Gym

18:00 - 18:30  
**EXPRESS KEISER**  
Keiser Studio

18:15 - 19:00  
**AQUA**  
Pool

19:15 - 20:00  
**REMiiT VARIANCE**  
Gym

19:30 - 20:30  
**YOGA**  
Main Studio

## WEDNESDAY

06:30 - 07:00  
**EXPRESS KEISER**  
Keiser Studio

07:15 - 08:00  
**REMiiT BARZ**  
Main Studio

09:15 - 10:00  
**AQUA**  
Pool

09:30 - 10:15  
**ZUMBA**  
Main Studio

10:15 - 11:00  
**PILATES**  
Main Studio

10:30 - 11:00  
**REMiiT BLAST**  
Gym

12:00 - 12:45  
**REMiiT BARZ**  
Main Studio

17:15 - 17:45  
**EXPRESS KEISER**  
Keiser Studio

18:00 - 19:00  
**YOGA**  
Main Studio

18:15 - 18:45  
**REMiiT BLAST**  
Gym

19:15 - 19:45  
**EXPRESS KEISER**  
Keiser Studio

## THURSDAY

06:15 - 06:45  
**REMiiT BLAST**  
Gym

07:30 - 08:00  
**REMiiT KETTLEBELLZ**  
Gym

08:45 - 09:15  
**KEISER CYCLING**  
Keiser Studio

09:45 - 10:45  
**YOGA**  
Main Studio

12:00 - 12:45  
**REMiiT VARIANCE**  
Gym

17:30 - 18:00  
**REMiiT BLAST**  
Gym

18:15 - 19:00  
**KEISER CYCLING**  
Keiser Studio

18:15 - 19:15  
**YOGA**  
Main Studio

19:15 - 20:00  
**REMiiT POWER**  
Gym

19:15 - 20:00  
**PILATES**  
Main Studio

## FRIDAY

06:30 - 07:00  
**EXPRESS KEISER**  
Keiser Studio

07:15 - 08:00  
**LEGS, BUMS & TUMS**  
Main Studio

09:15 - 10:00  
**AQUA**  
Pool

09:30 - 10:30  
**YOGA**  
Main Studio

10:15 - 10:45  
**EXPRESS KEISER**  
Keiser Studio

12:00 - 12:45  
**LEGS BUMS & TUMS**  
Main Studio

17:15 - 17:45  
**EXPRESS KEISER**  
Keiser Studio

18:00 - 18:45  
**REMiiT BARZ**  
Main Studio

## SATURDAY

08:45 - 09:15  
**EXPRESS KEISER**  
Keiser Studio

09:30 - 10:00  
**REMiiT BLAST**  
Gym

09:30 - 10:30  
**YOGA**  
Main Studio

10:45 - 11:30  
**PILATES**  
Main Studio

11:45 - 12:30  
**REMiiT POWER**  
Gym

## SUNDAY

08:15 - 08:45  
**REMiiT BLAST**  
Gym

09:00 - 10:00  
**YOGA**  
Main Studio

09:30 - 10:15  
**EXPRESS KEISER**  
Keiser Studio

10:30 - 11:15  
**REMiiT BODYWORX**  
Gym

11:30 - 12:15  
**LEGS BUMS & TUMS**  
Main Studio

To book any class, visit our website  
[www.reynoldsgroup.co.uk/retreat/retreat-classes/](http://www.reynoldsgroup.co.uk/retreat/retreat-classes/)  
ask at reception or call 01732 446050



# REYNOLDS RETREAT

## CLASS DESCRIPTIONS

### AQUA

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.

### KEISER CYCLING

Build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels. A ride of hills, sprints and endurance intervals with energising music.

### LEGS BUMS & TUMS

This class is a mixture of cardiovascular movements and endurance exercises which will increase body strength, posture and shape.

### PILATES

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

### REMiT BARZ

Barz is a high tempo, effort monitored barbell-based workout that's specifically designed to help you get lean, toned and fit. This class uses a combination of scientifically proven moves to help you achieve these targets, all whilst doing it in a fun and effective way.

### REMiT BLAST

Blast is a 30 minute, full body effort monitored workout. The class utilises REMiT training methods including AMRAP and MIT, to ensure a high tempo based workout to get the heart rate up and get a sweat on! All the same fun and hard work in a shorter time frame.

### REMiT BODYWORX

A low impact strength and cardio workout. This is a full body workout incorporating our REMiT methods at a slower, controlled pace, decreasing impact-based movements to ensure a comfortable and enjoyable session.

### REMiT KETTLEBELLZ

Kettlebellz uses light weights and will work every single muscle in your body to ensure you melt away fat, tone up, improve core stability and dramatically improve endurance.

### REMiT POWER

Maximise your functional strength with our power classes! In these sessions we will use powerful and explosive movements, which will help with increasing functional strength and power. Power is great for getting your heart rate up and burning calories but also aids in building muscle.

### REMiT VARIANCE

Our variance classes are great for incorporating a bit of everything into your workout. These sessions use the different HIIT methods; body weight, strength equipment, cardio etc. to get your heart rate up!

### YOGA

Yoga combines physical and spiritual discipline which aims to bring the mind and body into balance. Yoga uses breathing techniques, exercise and meditation for health and relaxation.

### ZUMBA

Zumba is a fitness program that combines latin and international music with dance. Routines incorporate interval training with rhythms- helping for a great cardiovascular workout!