

# REYNOLDS FITNESS SPA SITTINGBOURNE - CLASS TIMETABLE

## MONDAY

06:15 - 06:45 <b>EXPRESS KEISER</b> Spin Studio
07:00 - 07:45 <b>REMiiT POWER</b> REMiiT Studio
08:30 - 09:00 <b>REMiiT BLAST</b> REMiiT Studio
09:15 - 10:00 <b>LEGS BUMS &amp; TUMS</b> Main Studio
09:15 - 10:00 <b>REMiiT CIRCUITS</b> REMiiT Studio
09:30 - 10:15 <b>KEISER CYCLING</b> Spin Studio
10:15 - 11:15 <b>PILATES</b> Main Studio
10:30 - 11:15 <b>AQUA</b> Pool
17:15 - 17:45 <b>EXPRESS KEISER</b> Spin Studio
18:00 - 18:45 <b>REMiiT BARZ</b> Main Studio
19:00 - 19:45 <b>REMiiT CIRCUITS</b> REMiiT Studio
19:00 - 20:00 <b>PILATES</b> Main Studio
19:15 - 20:00 <b>AQUA ZUMBA</b> Pool
20:15 - 21:00 <b>LEGS BUMS &amp; TUMS</b> Main Studio

## TUESDAY

06:15 - 06:45 <b>REMiiT BLAST</b> REMiiT Studio
07:00 - 07:45 <b>KEISER CYCLING</b> Spin Studio
09:15 - 10:00 <b>REMiiT POWER</b> REMiiT Studio
10:00 - 11:00 <b>YOGA</b> Main Studio
10:30 - 11:15 <b>AQUA</b> Pool
17:15 - 17:45 <b>REMiiT BLAST</b> REMiiT Studio
18:00 - 18:45 <b>REMiiT VARIANCE</b> REMiiT Studio
19:00 - 19:45 <b>KEISER CYCLING</b> Spin Studio
19:00 - 20:00 <b>YOGA</b> Main Studio

## WEDNESDAY

06:30 - 07:00 <b>EXPRESS KEISER</b> Spin Studio
07:15 - 08:00 <b>REMiiT BARZ</b> Main Studio
09:15 - 10:15 <b>PILATES</b> Main Studio
09:30 - 10:15 <b>KEISER CYCLING</b> Spin Studio
10:30 - 11:15 <b>AQUA ZUMBA</b> Pool
11:30 - 12:15 <b>REMiiT BODYWORX</b> REMiiT Studio
12:00 - 13:00 <b>YOGA</b> Main Studio
17:15 - 17:45 <b>EXPRESS KEISER</b> Spin Studio
18:00 - 18:45 <b>REMiiT BARZ</b> Main Studio
18:15 - 19:00 <b>AQUA</b> Pool
19:00 - 19:30 <b>REMiiT CORE</b> REMiiT Studio
19:00 - 20:00 <b>PILATES</b> Main Studio

## THURSDAY

06:15 - 06:45 <b>REMiiT BLAST</b> REMiiT Studio
07:00 - 07:45 <b>KEISER CYCLING</b> Spin Studio
09:15 - 10:00 <b>REMiiT KETTLEBELLZ</b> REMiiT Studio
09:15 - 10:00 <b>ZUMBA</b> Main Studio
10:15 - 11:15 <b>YOGA</b> Main Studio
11:30 - 12:15 <b>REMiiT BODYWORX</b> REMiiT Studio
11:30 - 12:30 <b>PILATES</b> Main Studio
17:15 - 17:45 <b>REMiiT BLAST</b> REMiiT Studio
18:00 - 18:45 <b>KEISER CYCLING</b> Spin Studio
19:00 - 19:45 <b>REMiiT VARIANCE</b> REMiiT Studio
19:00 - 20:00 <b>YOGA</b> Main Studio

## FRIDAY

06:15 - 06:45 <b>EXPRESS KEISER</b> Spin Studio
07:00 - 07:45 <b>REMiiT CIRCUITS</b> REMiiT Studio
09:15 - 10:00 <b>LEGS BUMS &amp; TUMS</b> Main Studio
09:30 - 10:15 <b>KEISER CYCLING</b> Keiser Studio
10:15 - 11:15 <b>PILATES</b> Main Studio
10:30 - 11:10 <b>AQUA</b> Pool
11:30 - 12:15 <b>ZUMBA</b> Main Studio
17:15 - 18:00 <b>REMiiT BARZ</b> Main Studio
18:15 - 19:00 <b>REMiiT POWER</b> REMiiT Studio

## SATURDAY

08:30 - 09:15 <b>KEISER CYCLING</b> Spin Studio
09:30 - 10:15 <b>REMiiT BARZ</b> Main Studio
10:30 - 11:00 <b>REMiiT CORE</b> Main Studio

## SUNDAY

08:30 - 09:15 <b>REMiiT CIRCUITS</b> REMiiT Studio
09:30 - 10:15 <b>KEISER CYCLING</b> Spin Studio
10:30 - 11:10 <b>AQUA</b> Pool
10:30 - 11:30 <b>PILATES</b> Main Studio
11:45 - 12:45 <b>YOGA</b> Main Studio

To book any class, visit our website  
[www.reynoldsgroup.co.uk/fitness-spa/sittingbourne-classes/](http://www.reynoldsgroup.co.uk/fitness-spa/sittingbourne-classes/)  
 ask at reception or call 01795 479966



# REYNOLDS FITNESS SPA SITTINGBOURNE

## 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.

### AQUA ZUMBA

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the philosophy with water resistance for a pool party. There is less impact on your joints so you can really let loose.

### 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

Legs Bums & Tums is a muscle-group focused workout to help strengthen and tone the legs, glutes and core. These sessions will help us with stability and help us get fit in an effective way!

### PILATES

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

### REMiiT 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.

### REMiiT BLAST

Blast is a 30 minute, full body effort monitored workout. The class utilises REMiiT 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.

### REMiiT BODYWORX

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

### REMiiT CIRCUITS

REMiiT Circuits is a high energy, fast paced circuit style workout. Utilise multiple muscle groups in this high effort class to get fitter and stronger with cardiovascular and strength training.

### REMiiT CORE

A lower intensity workout to strengthen the abdominals, obliques & back muscles helping improve balance, stability & posture.

### REMiiT EMOM

Every Minute On the Minute". This type of exercise is great for shredding body fat and increasing lean muscle. Everyone completes a certain number of reps at a different speed. The harder you work, the more rest you get. Complete the exercises in the minute and rest for the rest of it.

### REMiiT 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. Please speak to your Instructor to see if this class is suitable for you.

### REMiiT 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.

### REMiiT 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!