

REYNOLDS FITNESS SPA SITTINGBOURNE - SPRING/SUMMER 2024 CLASS TIMETABLE

MONDAY

06:15 - 06:45 BLAST REMiiT Studio
7:00 - 7:45 POWER REMiiT Studio
09:15 - 10:00 CIRCUITS REMiiT Studio
09:15 - 10:00 LEGS, BUMS & TUMS Main Studio
10:00 - 10:45 PILATES Main Studio
10:15 - 10:45 BLAST REMiiT Studio
10:30 - 11:15 AQUA Pool
11:00 - 11:45 YOGA Main Studio
17:30 - 18:00 EXPRESS KEISER Spin Studio
18:15 - 19:00 CIRCUITS REMiiT Studio
18:00 - 19:00 PILATES Main Studio
19:15 - 20:00 BARZ Main Studio

TUESDAY

06:15 - 07:00 KETTLEBELLZ REMiiT Studio
07:15 - 08:00 CIRCUITS REMiiT Studio
09:10 - 09:55 BARZ Main Studio
10:00 - 11:00 YOGA Main Studio
10:15 - 11:00 KETTLEBELLZ REMiiT Studio
10:30 - 11:15 AQUA Pool
17:15 - 18:00 KETTLEBELLZ REMiiT Studio
18:00 - 18:45 LEGS, BUMS & TUMS Main Studio
18:15 - 18:45 BLAST REMiiT Studio
19:00 - 20:00 YOGA Main Studio
19:00 - 19:30 CORE REMiiT Studio

WEDNESDAY

06:15 - 07:00 POWER Main Studio
07:15 - 08:00 FUNCTIONAL FITNESS REMiiT Studio
09:15 - 10:15 STRETCH AND TONE Main Studio
09:30 - 10:15 KEISER CYCLING Spin Studio
10:30 - 11:15 AQUA Pool
10:30 - 11:30 YOGA Main Studio
11:30 - 12:15 BODYWORX REMiiT Studio
18:00 - 18:45 FUNCTIONAL FITNESS REMiiT Studio
18:00 - 19:00 PILATES Main Studio
19:15 - 20:00 SPOTLIGHT CLASS REMiiT/Main Studio
19:15 - 20:00 AQUA Pool

THURSDAY

06:15 - 06:45 BLAST REMiiT Studio
07:00 - 07:30 CORE REMiiT Studio
09:15 - 10:00 KETTLEBELLZ REMiiT Studio
09:15 - 10:00 DANCE FIT Main Studio
10:15 - 11:15 YOGA Main Studio
11:30 - 12:30 PILATES Main Studio
17:15 - 18:00 CIRCUITS REMiiT Studio
18:00 - 18:45 LEGS, BUMS & TUMS Main Studio
18:15 - 18:45 BLAST REMiiT Studio
19:00 - 20:00 YOGA Main Studio

FRIDAY

07:00 - 07:45 CIRCUITS REMiiT Studio
08:00 - 09:00 BOXING CIRCUITS REMiiT Studio
09:15 - 10:15 LEGS, BUMS & TUMS Main Studio
09:30 - 10:15 KEISER CYCLING Spin Studio
10:30 - 11:15 PILATES Main Studio
11:30 - 12:15 CHAIR YOGA Main Studio
12:30 - 13:15 AQUA Pool
17:30 - 18:00 EXPRESS KEISER Spin Studio
18:15 - 19:00 BARZ Main Studio

SATURDAY

08:15 - 09:00 KEISER CYCLING Spin Studio
09:15 - 10:00 BARZ Main Studio
10:30 - 11:15 AQUA CIRCUITS Pool
10:15 - 10:45 CORE REMiiT Studio
10:15 - 11:00 STEP AEROBICS Main Studio
11:15 - 12:00 ZUMBA Main Studio
12:15 - 13:00 YOGA Main Studio

SUNDAY

08:30 - 09:15 KEISER CYCLING Spin Studio
09:30 - 10:15 CIRCUITS REMiiT Studio
09:30 - 10:15 DANCE FIT Main Studio
10:30 - 11:15 FUNCTIONAL FITNESS REMiiT Studio
10:30 - 11:15 AQUA Pool
10:30 - 11:30 PILATES Main Studio
11:30 - 12:30 YOGA Main Studio



REYNOLDS FITNESS SPA SITTINGBOURNE

CLASS DESCRIPTIONS- SPRING TO SUMMER 2024

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. AQUA CIRCUITS IS A NEW CLASS THAT HAS THE SAME PRINCIPLES, WITH A CIRCUIT FORMAT

AQUA DANCE

AQUA DANCE IS A GREAT CARDIOVASCULAR SESSION, IN WHICH YOU WILL BE LEARNING CHOREOGRAPHY IN THE POOL. PERFECT FOR THOSE LOOKING TO IMPROVE THEIR COORDINATION, BUILD UP THEIR FITNESS LEVEL AND HAVE SOME FUN IN A WAY THAT IS LOW IMPACT FOR THEIR JOINTS.

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.

BODYWORX

BODYWORX IS A LOW IMPACT FITNESS CLASS. FOCUSING ON BOOSTING ENDURANCE, STRENGTH AND POWER WHILST ENSURING THAT WE ARE CATERING FOR EACH INDIVIDUAL'S NEEDS. LOW IMPACT- NOT LOW INTENSITY.

BLAST

DURING A BLAST CLASS WE ARE WORKING HARD IN A SHORTER TIME FRAME. DESIGNED TO GET YOUR HEART RATE UP THROUGH FUNCTIONAL MOVEMENTS, CARDIO BASED WORK AND EXPLOSIVE MOVEMENT PATTERNS.

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

DANCE FIT

IN DANCE FIT, YOU WILL BE GETTING A GREAT CARDIO INTERVAL SESSION, DANCING TO DIFFERENT TYPES OF MUSIC IN A RANGE OF STYLES.

FUNCTIONAL FITNESS

FUNCTIONAL FITNESS IS THE PERFECT CLASS TO IMPROVE STRENGTH IN YOUR DAY TO DAY LIFE. FUNCTIONAL MOVEMENTS REPLICATE SIMILAR MOVEMENTS THAT SUPPORT YOUR DAILY ACTIVITIES. TRAINING IN A FUNCTIONAL WAY WILL IMPROVE YOUR FITNESS LEVELS AND STRENGTH, AND IS FANTASTIC FOR INJURY PREVENTION.

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 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.

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

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

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.

SPOTLIGHT

IN OUR SPOTLIGHT CLASS WE ARE HIGHLIGHTING A NEW CLASS STYLE IN BLOCKS OF 4 WEEKS. EVERY WEEK IN THE MONTH WILL BE A DIFFERENT CLASS, GIVING EVERYONE OPPORTUNITY TO FIND A TRAINING STYLE THEY LOVE. PLEASE ASK IN CLUB FOR DETAILS ON WHAT CLASS WILL BE ON AND WHEN.

STRETCH AND TONE

A STRETCH AND TONE CLASS IS A SESSION DESIGNED TO IMPROVE FLEXIBILITY, MOBILITY AND MUSCLE STRENGTH. THE CLASS WILL ALSO INCORPORATE ELEMENTS OF RELAXATION TO PROMOTE A SENSE OF CALMNESS AND REDUCE STRESS.

STEP

DURING A STEP CLASS, YOU CAN EXPECT A CHOREOGRAPHED CLASS TO MUSIC, USING A STEP. IT IS A GREAT SESSION FOR IMPROVING AEROBIC CAPACITY.

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