

REYNOLDS FITNESS SPA SITTINGBOURNE - AUTUMN WINTER 2024 CLASS TIMETABLE

MONDAY

06:15 - 06:45 BLAST PT - REMiiT Studio
7:00 - 7:45 POWER PT - REMiiT Studio
09:15 - 10:15 CIRCUITS PT - REMiiT Studio
09:15 - 10:00 LEGS, BUMS & TUMS Gosia - Main Studio
10:00 - 10:45 PILATES Alex - Main Studio
10:30 - 11:00 EXPRESS KEISER PT - Spin Studio
10:30 - 11:15 AQUA Cheryle - Pool
11:00 - 11:45 HATHA YOGA Alex - Main Studio
17:30 - 18:15 KEISER CYCLING PT - Spin Studio
18:30 - 19:30 CIRCUITS PT - REMiiT Studio
18:00 - 19:00 PILATES Sarah - Main Studio

TUESDAY

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

WEDNESDAY

06:15 - 07:00 POWER PT - REMiiT Studio
07:15 - 08:00 BUILD & BURN PT - REMiiT Studio
09:15 - 10:15 CHAIR YOGA Alex - Main Studio
09:30 - 10:15 KEISER CYCLING PT - Spin Studio
10:25 - 11:10 STEP AEROBICS Gosia - Main Studio
11:15 - 12:00 AQUA Gosia - Pool
11:15 - 12:15 BARZ + CORE PT - Main Studio
17:30 - 18:15 KEISER CYCLING Martyn - Spin Studio
18:15 - 19:15 PILATES Sarah - Main Studio
18:30 - 19:15 BOXING FITNESS PT - REMiiT Studio
19:30 - 20:15 AQUA Sarah - Pool

THURSDAY

06:15 - 06:45 BLAST PT - REMiiT Studio
07:00 - 08:00 BARZ & CORE PT - REMiiT Studio
09:15 - 10:00 KETTLEBELLZ PT - REMiiT Studio
09:15 - 10:00 DANCE FIT Justina - Main Studio
10:15 - 10:45 BLAST PT - REMiiT Studio
10:15 - 11:15 HATHA YOGA Alex - Main Studio
11:30 - 12:30 PILATES Alex - Main Studio
17:15 - 18:00 BUILD & BURN PT - REMiiT Studio
18:00 - 18:45 LEGS, BUMS & TUMS Gosia - Main Studio
18:15 - 18:45 BLAST PT - REMiiT Studio
19:00 - 20:00 HATHA YOGA Alex - Main Studio
19:00 - 19:45 AQUA Gosia - Pool

FRIDAY

07:00 - 7:45 CIRCUITS PT - REMiiT Studio
08:00 - 09:00 BOXING CIRCUITS Josh - REMiiT Studio
09:15 - 10:00 LEGS, BUMS & TUMS Cailun - Main Studio
09:30 - 10:15 KEISER CYCLING Martyn - Spin Studio
10:15 - 11:00 STRETCH & TONE Alex - Main Studio
11:15 - 12:15 CHAIR YOGA Alex - Main Studio
12:30 - 13:15 AQUA Sarah - Pool
17:30 - 18:30 CIRCUITS PT - REMiiT Studio

SATURDAY

09:15 - 10:15 BARZ & CORE PT - Main Studio
10:30 - 11:15 KEISER CYCLING PT - Spin Studio
10:30 - 11:15 STEP AEROBICS Gosia - Main Studio
11:30 - 12:15 AQUA Gosia - Pool

SUNDAY

08:45 - 09:15 EXPRESS KEISER PT - Spin Studio
09:30 - 10:15 DANCE FIT Melissa - Main Studio
09:30 - 10:15 CIRCUITS PT - REMiiT Studio
10:45 - 11:30 BUILD & BURN PT - REMiiT Studio
10:30 - 11:15 AQUA Melissa - Pool
10:30 - 11:30 PILATES Sarah - Main Studio
11:30 - 12:30 HATHA YOGA Sarah - Main Studio



REYNOLDS FITNESS SPA SITTINGBOURNE

CLASS DESCRIPTIONS

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 WEIGHT BASED MOVEMENTS TO GET YOU REACHING YOUR GOALS!

WE HAVE A MIX OF 30/45 MINUTE SESSIONS.

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.

BUILD & BURN

WANT TO BUILD YOUR PHYSIQUE? BUILD AND BURN WILL HELP YOU DO JUST THAT. WE WILL FOCUS MORE ON MUSCLE BUILDING MOVES, TIME UNDER TENSION AND FOCUSED REP RANGES TO BUILD UP STRENGTH, POWER, AND MUSCLE.

BOXING FITNESS/CIRCUITS

BOXING CIRCUITS- YOU WILL BE PRACTICING PADWORK, COMBINATIONS AND DRILLS, WHILST IMPLEMENTING CONDITIONING ELEMENTS.

BOXING FITNESS- CONDITIONING BASED CLASS TO PUSH YOUR STRENGTH/CARDIO, ENABLING A GREATER BASE FITNESS FOR BOXING.

CIRCUITS

IN A CIRCUITS CLASS, YOU MOVE ROUND THE ROOM IN SMALL GROUPS TRYING DIFFERENT EXERCISES FOR SHORT PERIODS OF TIME, TAKING ON CARDIO, RESISTANCE AND STRENGTH TRAINING ACTIVITIES AT VARIOUS STATIONS. SOME CLASSES ARE 45 MINUTES AND SOME ARE 60!

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.

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, AND BODY AWARENESS

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.

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 IN A WAY THAT IS GENTLE ON JOINTS.

YOGA

YOGA IS A PRACTICE THAT CONNECTS THE BODY, BREATH, AND MIND. IT USES PHYSICAL POSTURES, BREATHING EXERCISES, AND MEDITATION TO IMPROVE OVERALL HEALTH. OUR CLASSES VARY STYLE BY STYLE, HATHA, ASHTANGA AND MINFUL YOGA ALL BEING PILLARS TO AID YOUR WELLBEING.

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