

REYNOLDS RETREAT - AUTUMN TO WINTER GROUP EXERCISE TIMETABLE

MONDAY

06:15 - 07:00 CIRCUITS PT - REMiIT Studio
8:15 - 9:00 REMiIT 45 PT - REMiIT Studio
09:00 - 09:45 PILATES Laura - Uplift Studio
09:30 - 10:15 AQUA PT - Pool
09:45 - 10:30 TOTAL BODY WORKOUT Claire - Main Studio
09:45 - 10:30 STRONG Kaz - Gym Floor
10:30 - 11:15 ZUMBA Claire - Main Studio
10:35 - 11:35 YOGA Kaz - Uplift Studio
11:15 - 12:00 PILATES Claire - Main Studio
12:45 - 13:45 POWER + CORE PT - REMiIT Studio
17:30 - 18:00 THEMED KEISER PT - Spin Zone
18:00 - 18:45 ZUMBA Kat - Main Studio
18:05 - 19:05 POWER + CORE PT - REMiIT Studio
19:00 - 19:45 STEP Taigh - Main Studio
19:00 - 19:45 PILATES Laura - Uplift Studio
19:45 - 20:30 STRETCH AND TONE Taigh - Main Studio

TUESDAY

06:15 - 06:45 EXPRESS KEISER PT - Spin Studio
07:45 - 08:15 EXPRESS LBT Ellie - Main Studio
08:15 - 08:45 BLAST PT - REMiIT Studio
08:30 - 09:15 PILATES UPPER BODY Sam - Main Studio
09:15 - 10:15 PILATES Sam - Main Studio
09:30 - 10:15 AQUA Ellie - Pool
10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio
11:00 - 12:00 HATHA YOGA Philippa - Uplift Studio
11:00 - 11:45 LEGS, BUMS & TUMS Ellie - Main Studio
12:00 - 12:30 EXPRESS KEISER PT - Spin Zone
17:15 - 17:45 EXPRESS KEISER PT - Spin Zone
18:00 - 18:45 BOXING CIRCUITS Philippa - Main Studio
18:00 - 18:45 REMiIT 45 PT - REMiIT Studio
18:45 - 19:30 LEGS, BUMS & TUMS Philippa - Main Studio
19:30 - 20:30 YOGA Philippa - Main Studio

WEDNESDAY

06:15 - 07:00 REMiIT 45 PT - REMiIT Studio
08:15 - 08:45 EXPRESS KEISER PT - Spin Studio
08:30 - 09:30 HATHA YOGA Claire - Main Studio
09:15 - 10:00 AQUA ZUMBA Kat - Pool
09:30 - 10:15 DANCE FITNESS Claire - Main Studio
10:15 - 11:00 PILATES Claire - Main Studio
11:00 - 11:45 BOXING CIRCUITS Kaz - Main Studio
11:45 - 12:45 YIN YOGA Kaz - Main Studio
12:45 - 13:30 REMiIT 45 PT - REMiIT Studio
18:00 - 18:45 AQUA PT - Pool
18:00 - 18:45 ZUMBA Kat - Main Studio
19:00 - 19:30 EXPRESS KEISER PT - REMiIT Studio
19:00 - 19:45 PILATES Laura - Uplift Studio

THURSDAY

06:15 - 06:45 EXPRESS KEISER PT - Spin Studio
08:15 - 09:00 BARZ PT - Main Studio
09:30 - 10:15 AQUA Ellie - Pool
09:15 - 10:15 HATHA YOGA Leah - Uplift Studio
10:20 - 10:50 RESTORE Leah - Uplift Studio
10:15 - 11:00 STRONG Kaz - Main Studio
11:00 - 12:00 YOGA Kaz - Main Studio
17:15 - 18:00 KEISER CYCLING PT - Spin Zone
17:30 - 18:15 DANCE FITNESS Taigh - Main Studio
18:15 - 19:00 PILATES Taigh - Main Studio
18:15 - 18:45 BLAST PT - REMiIT Studio
19:15 - 20:30 MINDFUL YOGA & MEDITATION Mark - Main Studio

FRIDAY

06:15 - 7:00 POWER PT - Main Studio
08:15 - 9:00 REMiIT 45 PT - REMiIT Studio
08:30 - 09:15 STRETCH AND TONE Philippa - Main Studio
09:15 - 10:00 LEGS, BUMS & TUMS Philippa - Main Studio
9:15 - 10:15 HATHA YOGA Louise - Uplift Studio
09:30 - 10:15 AQUA PT - Pool
10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio
11:15 - 12:00 PILATES Sam - Main Studio
12:15 - 13:00 PILATES UPPER BODY Sam - Main Studio
12:45 - 13:45 POWER + CORE PT - REMiIT Studio
13:00 - 14:00 INTRO TO PILATES Sam - Main Studio
18:00 - 19:00 BARZ + CORE PT - Main Studio
19:00 - 19:45 PILATES Laura - Uplift Studio

SATURDAY

08:15 - 08:45 BLAST PT - REMiIT Studio
09:00 - 10:00 HATHA YOGA Leah - Uplift Studio
09:00 - 09:45 KEISER CYCLING PT - Spin Studio
10:15 - 11:00 TOTAL BODY WORKOUT Philippa - Main Studio
11:15 - 12:00 PILATES Laura - Uplift Studio
12:00 - 13:00 YOGA Laura - Uplift Studio

SUNDAY

09:15 - 10:00 STRONG Kaz - Main Studio
09:00 - 10:00 POWER + CORE PT - REMiIT Studio
10:00 - 11:00 YIN YOGA Kaz - Main Studio
10:00 - 10:30 EXPRESS KEISER PT - Spin Studio
11:00 - 11:30 RESTORE Kaz - Main Studio



REYNOLDS RETREAT

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 ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

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, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

Barz and core finishing with an abs blast.

BLAST

Blast is a 30 minute calorie burner, focusing on High Intensity Interval Training, to help you meet your toughest fitness goals.

BOXING CIRCUITS

Come join us for a stress relieving workout. A mix of conditioning, pad work and shadow boxing to improve fitness, strength and technique.

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.

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, definition.

Express LBT is a 30 minute session, which will start on the 8th October.

RESTORE

Meditation can produce a deep state of relaxation and a tranquil mind. During RESTORE, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

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.
Intro to is our beginner friendly class

KEISER

Feed off the incredible energy in the room with a combination of endurance and strength building cycle 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.

Express are 30 mins.

Keiser classes are 45 mins.

Themed classes vary week by week.

STRONG

This class was previously known as "Intro to Weights"

Stick to a programme for 12 weeks to help increase your strength! A mix of kettlebells and dumbbells are programmed to strengthen upper body, lower body and core.

STEP

Join us for "Step"
An aerobic class carefully programmed with moves on a step to different styles of music.
A great workout to make your cardio routine more fun!

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

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.

+ Core finishing with an abs blast.

TOTAL BODY WORKOUT

Total Body Workout is an amazing class for those wanting to work on muscle tone and fitness level. In this class we are working with a mix of weights and bodyweight to sculpt and develop muscle.

REMiiT45

REMiiT 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.

YOGA

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

There are a range of styles between sessions Yin, Hatha (and Iyengar) and Mindful Yoga, so please speak to the team to find out recommended classes.

DANCE FITNESS & ZUMBA

Zumba is a class in which you burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired such as salsa, and samba, but also other types of modern music like hip hop and Bollywood.

In our Dance Fitness classes we will be working with different styles of dance and music to get a great workout