

REYNOLDS RETREAT - SPRING TO SUMMER GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>06:15 - 07:00</div> <div>CIRCUITS</div> <div>PT - REMiIT Studio</div>	<div>06:15 - 07:00</div> <div>KEISER CYCLING</div> <div>PT - Spin Studio</div>	<div>06:15 - 07:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>06:15 - 06:45</div> <div>BLAST</div> <div>PT - REMiIT Studio</div>	<div>07:00 - 07:45</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>09:00 - 10:00</div> <div>HATHA YOGA</div> <div>Leah - Uplift Studio</div>	<div>09:15 - 10:00</div> <div>STRONG</div> <div>Kaz - Main Studio</div>
<div>08:15 - 09:00</div> <div>BARZ</div> <div>PT - Main Studio</div>	<div>07:30 - 08:15</div> <div>LEGS, BUMS & TUMS</div> <div>Ellie - Main Studio</div>	<div>08:15 - 09:00</div> <div>KEISER CYCLING</div> <div>PT - Spin Studio</div>	<div>08:15 - 09:00</div> <div>BARZ</div> <div>PT - Main Studio</div>	<div>08:15 - 09:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>09:00 - 09:45</div> <div>KEISER CYCLING</div> <div>PT - Spin Studio</div>	<div>09:15 - 10:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>
<div>09:00 - 09:45</div> <div>PILATES</div> <div>Laura - Uplift Studio</div>	<div>08:30 - 09:15</div> <div>PILATES UPPER BODY</div> <div>Sam - Main Studio</div>	<div>08:30 - 09:30</div> <div>HATHA YOGA</div> <div>Claire - Main Studio</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>Ellie - Pool</div>	<div>08:30 - 09:15</div> <div>STRETCH AND TONE</div> <div>Philippa - Main Studio</div>	<div>10:00 - 10:45</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>10:00 - 11:00</div> <div>YIN YOGA</div> <div>Kaz - Main Studio</div>
<div>09:30 - 10:15</div> <div>AQUA</div> <div>PT - Pool</div>	<div>09:15 - 10:15</div> <div>PILATES</div> <div>Sam - Main Studio</div>	<div>09:15 - 10:00</div> <div>BUILD & BURN</div> <div>PT - Gym Floor</div>	<div>09:15 - 10:00</div> <div>PILATES</div> <div>Sarah - Main Studio</div>	<div>09:15 - 10:00</div> <div>LEGS, BUMS & TUMS</div> <div>Philippa - Main Studio</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>10:15 - 10:45</div> <div>EXPRESS KEISER</div> <div>PT - Spin Studio</div>
<div>09:45 - 10:30</div> <div>TOTAL BODY WORKOUT</div> <div>Claire - Main Studio</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>Ellie - Pool</div>	<div>09:15 - 10:00</div> <div>AQUA ZUMBA</div> <div>Kat - Pool</div>	<div>09:15 - 10:15</div> <div>HATHA YOGA</div> <div>Leah - Uplift Studio</div>	<div>9:15 - 10:15</div> <div>HATHA YOGA</div> <div>Louise - Uplift Studio</div>	<div>11:15 - 12:00</div> <div>PILATES</div> <div>Laura - Main Studio</div>	<div>11:00 - 11:30</div> <div>RESTORE</div> <div>Kaz - Main Studio</div>
<div>09:45 - 10:30</div> <div>STRONG</div> <div>Kaz - Gym Floor</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>09:30 - 10:15</div> <div>DANCE FITNESS</div> <div>Claire - Main Studio</div>	<div>10:15 - 11:00</div> <div>BARRE</div> <div>Sarah - Main Studio</div>	<div>09:30 - 10:15</div> <div>AQUA</div> <div>PT - Pool</div>	<div>12:00 - 13:00</div> <div>YOGA</div> <div>Laura - Main Studio</div>	
<div>10:30 - 11:15</div> <div>DANCE FITNESS</div> <div>Claire - Main Studio</div>	<div>11:00 - 12:00</div> <div>HATHA YOGA</div> <div>Philippa - Uplift Studio</div>	<div>10:15 - 11:00</div> <div>PILATES</div> <div>Claire - Main Studio</div>	<div>10:20 - 10:50</div> <div>RESTORE</div> <div>Leah - Uplift Studio</div>	<div>10:15 - 11:00</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>		
<div>10:35 - 11:35</div> <div>YIN YOGA</div> <div>Kaz - Uplift Studio</div>	<div>11:00 - 11:45</div> <div>LEGS, BUMS & TUMS</div> <div>Ellie - Main Studio</div>	<div>11:00 - 11:45</div> <div>BOXING CIRCUITS</div> <div>Kaz - Main Studio</div>	<div>10:15 - 11:00</div> <div>STRONG</div> <div>Kaz - REMiIT Studio</div>	<div>11:15 - 12:00</div> <div>PILATES</div> <div>Sam - Main Studio</div>		
<div>11:15 - 12:00</div> <div>PILATES</div> <div>Claire - Main Studio</div>	<div>12:00 - 12:30</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>	<div>11:45 - 12:45</div> <div>YIN YOGA</div> <div>Kaz - Main Studio</div>	<div>11:00 - 12:00</div> <div>YIN YOGA</div> <div>Kaz- Main Studio</div>	<div>12:15 - 13:00</div> <div>PILATES UPPER BODY</div> <div>Sam - Main Studio</div>		
<div>12:45 - 13:45</div> <div>POWER + CORE</div> <div>PT - REMiIT Studio</div>	<div>17:15 - 18:00</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>12:45 - 13:30</div> <div>REMiIT 45</div> <div>PT - REMiIT Studio</div>	<div>17:15 - 18:00</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>	<div>12:45 - 13:30</div> <div>BUILD & BURN</div> <div>PT - REMiIT Studio</div>		
<div>17:30 - 18:00</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>	<div>18:00 - 18:45</div> <div>TOTAL BODY WORKOUT</div> <div>Philippa - Main Studio</div>	<div>17:45 - 18:15</div> <div>EXPRESS AQUA</div> <div>PT - Pool</div>	<div>17:30 - 18:15</div> <div>DANCE FITNESS</div> <div>Taigh - Main Studio</div>	<div>13:00 - 14:00</div> <div>INTRO TO PILATES</div> <div>Sam - Main Studio</div>		
<div>17:45 - 18:30</div> <div>ZUMBA</div> <div>Kat - Main Studio</div>	<div>18:15 - 19:00</div> <div>KEISER CYCLING</div> <div>PT - Spin Zone</div>	<div>18:00 - 18:45</div> <div>ZUMBA</div> <div>Kat - Main Studio</div>	<div>18:15 - 19:00</div> <div>PILATES</div> <div>Taigh - Main Studio</div>	<div>18:00 - 18:45</div> <div>BARZ</div> <div>PT - Main Studio</div>		
<div>18:05 - 18:50</div> <div>CIRCUITS</div> <div>PT - REMiIT Studio</div>	<div>18:45 - 19:30</div> <div>LEGS, BUMS & TUMS</div> <div>Philippa - Main Studio</div>	<div>18:30 - 19:15</div> <div>BOXING CIRCUITS</div> <div>Regan - REMiIT Studio</div>	<div>18:15 - 18:45</div> <div>EXPRESS KEISER</div> <div>PT - Spin Zone</div>	<div>19:00 - 19:45</div> <div>PILATES</div> <div>Laura - Main Studio</div>		
<div>18:30 - 19:15</div> <div>STEP</div> <div>Taigh - Main Studio</div>	<div>19:30 - 20:30</div> <div>HATHA YOGA</div> <div>Philippa - Main Studio</div>	<div>19:15 - 20:00</div> <div>PILATES</div> <div>Laura - Main Studio</div>	<div>19:00 - 20:00</div> <div>RESTORATIVE YOGA</div> <div>Daisy - Uplift Studio</div>			
<div>19:00 - 19:45</div> <div>PILATES</div> <div>Laura - Uplift Studio</div>						
<div>19:15 - 20:00</div> <div>TOTAL BODY WORKOUT</div> <div>Taigh - Main Studio</div>						

- REMiIT Studio
- Main Studio
- Uplift Studio
- Pool
- Spin Zone

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.

BARRE

Barre is a high repetition yet low impact Ballet/Pilates fusion workout. Barre is the workout to sculpt you a longer, leaner and stronger. If you love Pilates this the hybrid session for you.

BARZ

Barz is a fast-paced, barbell-based class that's designed to help you get lean, toned and fit. It uses motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

BLAST/BUILD & BURN

Blast is a 30 minute calorie burner, focusing on High Intensity Interval Training, to help you meet your fitness goals. Build and Burn focuses on muscle building with advanced training techniques to help you lift weights and get strong!

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.

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 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 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.

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 the whole 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 focus on our functional strength and power. These exercises equip you for the most important type of real life fitness, like bending, lifting, pushing, pulling etc. Combined with explosive training to hone our fitness levels, burn calories, and finishing with an abs blast.

TOTAL BODY

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.

REMiT45

REMiT Stands for 'Reynolds Effort Monitored Intensity Interval Training'. 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.

YOGA

Yoga is a practice that connects the body, spirit and mind. It uses physical postures, breathing exercises, and meditation to improve overall wellbeing. There are a range of styles between sessions so please speak to the team to learn more about each one.

DANCE & ZUMBA

Zumba is a class in which you burn off calories by dancing to different kinds of lively tunes, often Latin-American inspired but other types of modern music are often included. Dance Fitness classes work with various different styles of dance and music.