

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 AQUA Renata	07.30-08.00 BOXERCISE Aaran	09.00-09.45 AQUA Tonya	08.00-08.45 AQUA Renata	09.30-10.15 AQUA Leanne	09.00-09.45 GROUP CYCLING Tara	09.30-10.00 BODYWEIGHT CIRCUIT Staff
9.30-10.15 BOXERCISE Natalie	09.00-09.45 AQUA Natalie	09.30-10.15 FREESTYLE PUMP Aga	09.30-10.15 STRETCH AND CORE Natalie	09.40-10.40 BODYXTREME Rus	10.00-10.45 FREESTYLE PUMP Natalie	
10.30-11.15 PILATES Nikki	09.40-10.20 BODY CONDITIONING Andrew	10.30-11.15 YOGA Kim	10.30-11.15 ZUMBA Kim			
	10.30-11.15 PILATES Nikki					
17.00-17.30 ABS & CORE Staff	18.00-18.45 TONE AND STRETCH Mark	17.00-17.30 ABS BLAST Staff	18.15-19.00 CIRCUITS Rus	17.00-17.30 ABS BLAST Staff	<p>CALL 01296 330311 TO RESERVE YOUR SPACE TODAY OR BOOK ONLINE AT REFLEXIONSAYLESBURY.CO.UK</p> <p>CANCELLATION POLICY If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists.</p> <p>Any member who cancels on the day of a booked class cannot be booked onto the following weeks class until the cancelled class has finished.</p>	
18.00-18.45 PILATES Nikki	18.45-19.30 AQUA Natalie	18.15-19.00 BOX STEP Louise	18.45-19.30 AQUA Tonya	18.15-19.00 BOKWA Louise		
19.00-19.45 GROUP CYCLING Cara	19.15-20.00 FREESTYLE PUMP Mark	19.15-20.00 BOOTCAMP Rus	19.15-20.00 GROUP CYCLING Cara			

T: 01296 330311

E: manager@reflexionsaylesbury.co.uk

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Reflexions Health & Leisure, Buckingham Road, Watermead, Aylesbury HP19 0FY

CLASS DESCRIPTIONS

AQUA

Water aerobics, focusing on aerobic endurance and resistance training.

BODY CONDITIONING

Weighted and bodyweight exercises to help tone the body and increase strength.

BODY PUMP

The original Les Mills barbell class which will sculpt, tone and strengthen your entire body, fast!

BODYXTREME

High intensity training with a blend of body weight, free weights and resistance bands to fight the fat!

BOKWA

An aerobic class where participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine.

BOXERCISE

Boxercise is a high intensity interval training class based on boxing training.

BOX STEP

An upbeat class taught to music using a variety of body weight movements on and around a boxstep.

FREESTYLE PUMP

Dumbbells and barbells workout to Mark's favourite playlist. Guaranteed to tone and shape your whole body.

GROUP CYCLING

Performed on stationary studio bikes. Varying speeds, resistance levels and intensities targeted at raising your heart rate and toning your lower body.

HIIT

High intensity interval training. Mixture of weighted and bodyweight exercise to raise the heart rate.

LIFT IT

Tone and sculpt the body with a mixture of free weights and bodyweight exercises.

PILATES

Emphasizes the balanced development of the body through core strength, flexibility and awareness.

SH1FT

A workout that involves high repetitions of low weights (bar and/or dumbbell) which helps build lean muscle, increase fat burning power and protect and strengthen the joints.

SPIN

A high intensity cycling workout that takes place on a stationary bike.

STRETCH AND CORE

45 minutes of flexibility and core strengthening - a blast for your abdominals.

YOGA

Physical and mental strength building postures and stretches, in combination with the breath, to develop flexibility and relaxation.

ZUMBA®

Zumba® is the dance-fitness craze that burns calories, tones muscles and improves flexibility. But best of all, it's so much fun that it simply doesn't feel like exercise. People of all ages are falling in love with its infectious music, easy-to-follow dance moves and life-enriching benefits!

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