

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 <b>AQUA</b> Natalie	09.00-09.45 <b>AQUA</b> Natalie	09.00-09.45 <b>AQUA</b> Tonya	08.00-08.45 <b>AQUA</b> Renata	09.20-10.05 <b>AQUA</b> Leanne	09.00-09.45 <b>GROUP CYCLING</b> Tara	09.30-10.00 <b>BODYWEIGHT CIRCUIT</b> Staff
9.30-10.15 <b>BOXERCISE</b> Andrew	09.30-10.15 <b>BODY CONDITIONING</b> Andrew	09.30-10.15 <b>FREESTYLE PUMP</b> Aga	09.30-10.15 <b>STRETCH AND CORE</b> Natalie	09.40-10.40 <b>BODYXTREME</b> Carly	10.00-10.45 <b>FREESTYLE PUMP</b> Natalie	
10.30-11.15 <b>PILATES</b> Nikki	10.30-11.15 <b>PILATES</b> Nikki	10.30-11.15 <b>YOGA</b> Kim	10.30-11.15 <b>ZUMBA</b> Kim			
17.30-18.00 <b>ABS &amp; CORE</b> Staff	18.00-18.45 <b>TONE AND STRETCH</b> Mark	17.30-18.00 <b>ABS BLAST</b> Staff	18.45-19.30 <b>AQUA</b> Tonya	17.30-18.00 <b>ABS BLAST</b> Staff	<b>CALL 01296 330311 TO RESERVE YOUR SPACE TODAY OR BOOK ONLINE AT <a href="http://REFLEXIONSAYLESBURY.CO.UK">REFLEXIONSAYLESBURY.CO.UK</a></b>  <b>CANCELLATION POLICY</b> If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists.  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.	
18.00-18.45 <b>PILATES</b> Nikki	18.40-19.30 <b>AQUA</b> Natalie	18.15-19.00 <b>BOX STEP</b> Louise	19.15-20.00 <b>GROUP CYCLING</b> Cara			
19.00-19.45 <b>GROUP CYCLING</b> Cara	19.15-20.00 <b>BODY CONDITIONING</b> Rus	19.15-20.00 <b>BOXERCISE FUNDAMENTALS</b> Rus				

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# 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.

## 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.

## BOOTCAMP

A full-body workout consisting of an intense mix of aerobic, strength and speed elements, where specific endurance and functional strength training is also offered.

## BOXERCISE

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

## BOXERCISE FUNDAMENTALS

An entry level to our popular Boxercise class that emphasises correct techniques, movement skills and correct form performed as a circuit based workout.

## 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.

## 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!