

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 AQUA Natalie	09.00-09.45 AQUA Natalie	09.00-09.45 AQUA Tonya	08.00-08.45 AQUA Renata	09.20-10.05 AQUA Leanne	09.00-09.45 GROUP CYCLING Tara	09.30-10.00 BODYWEIGHT CIRCUIT Staff
9.30-10.15 BOXERCISE Andrew	09.30-10.15 BODY CONDITIONING Andrew	09.30-10.15 FREESTYLE PUMP Aga	09.30-10.15 STRETCH AND CORE Natalie	09.40-10.40 BODYXTREME Carly	10.00-10.45 FREESTYLE PUMP Natalie	
10.30-11.15 PILATES Nikki	10.30-11.15 PILATES Nikki	10.30-11.15 YOGA Kim	10.30-11.15 ZUMBA Kim			
17.30-18.00 ABS & CORE Staff	18.00-18.45 TONE AND STRETCH Mark	17.30-18.00 ABS BLAST Staff	18.00-18.45 DANCE FITNESS Rachel	17.30-18.00 ABS BLAST Staff	CALL 01296 330311 TO RESERVE YOUR SPACE TODAY OR BOOK ONLINE AT REFLEXIONSAYLESBURY.CO.UK CANCELLATION POLICY 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 PILATES Nikki	18.40-19.30 AQUA Natalie	18.15-19.00 BOX STEP Louise	18.45-19.30 AQUA Tonya			
19.00-19.45 GROUP CYCLING Cara	19.15-20.00 BODY CONDITIONING Rus	19.15-20.00 BOXERCISE FUNDAMENTALS Rus	19.15-20.00 GROUP CYCLING Cara			

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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.

DANCE FITNESS

With a blend of music genres and dynamic choreography, you'll burn calories, build strength, and boost your endurance—all while dancing to your favourite tunes

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!