CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 **AQUA** Renata	09.00-09.45 **AQUA** Natalie	09.00-09.45 **AQUA** Tonya	08.00-08.45 **AQUA** Renata	09.20-10.05 **AQUA** Mel	09.00-09.45 **GROUP CYCLING** Tara	09.30-10.15 **GROUP CYCLING** Caz
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	09.30-10.30 **CIRCUITS** 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** Bee	10.30-11.15 **DANCE FITNESS**	10.45-11.30 **YOGA** Bee		
17.30-17.45 **ABS BLITZ** Staff	18.00-18.45 **TONE AND STRETCH** Mark	17.30-17.45 **ABS BLITZ** Staff	18.00-18.45 **PILATES** Mel	17.30-17.45 **ABS BLITZ** Staff		
18.00-18.45 **PILATES** Nikki	18.40-19.30 **AQUA** Natalie	18.15-19.15 **SUPER CIRCUITS** Rus/Andrew	18.45-19.30 **AQUA** Natalie			
19.00-19.45 **GROUP CYCLING** Cara	19.15-20.00 **BODY CONDITIONING** Rus		19.15-20.00 **GROUP CYCLING** Cara			

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.

T. 01296 330311
E. manager@reflexionsaylesbury.co.uk

reflexionsaylesbury.co.uk

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

Reflexions Health & Leisure

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 there 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.

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

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.

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
Dumbells 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
Hight 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 or flexibility and core strengthening – a blast for your abdominals.

STRETCH AND SCULPT
A combination of stretching, toning and elements of Pilates.

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

DANCE FITNESS
Burn 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 will love with its infectious music, easy-to-follow dance moves and life-enriching benefits!

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