

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 AQUA Renata	09.30-10.15 BODY CONDITIONING Carly	09.00-09.45 AQUA Tonya	09.30-10.15 STRETCH AND CORE Natalie	09.30-10.15 BODYXTREME Aaran	09.00-09.45 GROUP CYCLING Tara	
9.30-10.30 FREESTYLE COMBAT Natalie	10.30-11.30 PILATES Kim	09.30-10.15 FREESTYLE PUMP Lewis	10.30-11.15 ZUMBA Kim	09.30-10.15 AQUA Leanne	10.00-11.00 FREESTYLE PUMP Natalie	
10.30-11.30 PILATES Nikki		10.30-11.30 YOGA Kim				
18.00-18.30 BEGINNERS RUNNING CLUB Aga	18.00-18.45 LBT Aga	18.00-18.45 FREESTYLE COMBAT Natalie	18.30-19.15 LIFT IT Carly	<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 Chyrryl	19.00-19.45 YOGA Barbara	18.45-19.30 AQUA Tonya			
19.00-19.45 GROUP CYCLING Cara	19.15-20.00 FREESTYLE PUMP Mark					

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.

BEGINNERS RUNNING CLUB

Showing you the best techniques on how to get the best out of your run. Perfect for those who have never run before.

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!

FITBOX

An all over body workout using weights and bodyweight helping push you to your fitness limits within a 5ft space.

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.

LBT

Tone up the bits you love to hate! (Legs, Bums, Tums).

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

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.

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