

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 <b>AQUA</b> Renata	09.30-10.15 <b>BODY CONDITIONING</b> Carly	09.30-10.15 <b>FREESTYLE PUMP</b> Shell	09.30-10.15 <b>STRETCH AND CORE</b> Natalie	09.30-10.15 <b>BODYXTREME</b> Shell	09.00-09.45 <b>GROUP CYCLING</b> Tara	
09.30-10.15 <b>PILATES</b> Nikki	10.30-11.30 <b>PILATES</b> Kim	10.30-11.30 <b>YOGA</b> Kim	10.30-11.15 <b>LBT</b> Kim	10.30-11.15 <b>GROUP CYCLING</b> Aaran	10.00-11.00 <b>FREESTYLE PUMP</b> Natalie	
10.30-11.30 <b>BODY TONE</b> Tara						
18.00-18.45 <b>BEE YOGA</b> Bee	18.15-19.15 <b>GROUP CYCLING</b> Cara	18.00-18.45 <b>FREESTYLE PUMP</b> Natalie	18.00-19.00 <b>TBC</b>	<p><b>CALL 01296 330311 TO RESERVE YOUR SPACE TODAY OR BOOK ONLINE AT <a href="http://REFLEXIONSAYLESBURY.CO.UK">REFLEXIONSAYLESBURY.CO.UK</a></b></p> <p><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.</p>		
19.00-19.45 <b>GROUP CYCLING</b> Cara	18.45-19.30 <b>AQUA</b> Chyrryl	19.00-19.45 <b>STRETCH AND CORE</b> Natalie	18.45-19.30 <b>AQUA</b> Tonya			

## CLASS TIMETABLE

T: 01296 330311

E: [manager@reflexionsaylesbury.co.uk](mailto:manager@reflexionsaylesbury.co.uk)

[reflexionsaylesbury.co.uk](http://reflexionsaylesbury.co.uk)   



## **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!

## **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).

## **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.

# **CLASS DESCRIPTIONS**

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

