

## FITNESS CLASSES DESCRIPTION

**Westin BurnFast Monday 06:30.** Experience an energising indoor cycling ride & pumping circuit workout. Take your fitness to a higher level, strengthen your body & challenge your mind, all to the beat of music. A great workout for all ages & fitness levels.

**Westin Circuit Monday 09.30.** This session takes participants through a mix of cardio & strength exercises with relatively brief rests. A great class, it's fast paced, motivational and fun.

**Westin Pilates Monday 10.45.** A sequence of controlled movement to strengthen the core, skeletal alignment & balance capacity.

**Westin HIIT Monday 18:00.** A high-intensity interval training, body workout, keeping your heart rate up & burning more fat. Suitable for different levels & ages as modifications are always given.

**Westin Ride Monday 19.00.** Exploit your strength as you cycle the calories away to the beat of great sounds, challenge the body through a resistance managed journey at varying speeds.

**Westin Step & Tone Tuesday 09.30** Feel energized with this full body cardio workout, build stamina, tone legs & glutes. Athletic moves & funky mambos, step your way to a lean & toned physique!

**Westin Aquatic Tuesday 10.00** An immensely enjoyable form of exercise which makes use of the natural resistance & buoyancy of water to provide a low impact workout that is both fun & effective.

**Westin Ride Tuesday 18:00** This class simulates an outdoor ride, increase cardiovascular capacity, combining strength, endurance and interval training with cadence control. An energizing class, that torches loads of calories while having fun with uplifting music.

**Westin Pump Tuesday 19.00** Trim the body with intense toning exercises to tighten & strengthen muscles using resistance equipment & power moves with intervals of high intensity drills to add cardiac fitness.

**Westin BurnFast Wednesday 06:30.** Experience an energising indoor cycling ride and pumping circuit workout. Take your fitness to a higher level, strengthen your body and challenge your mind, all to the beat of music. This is a great workout for all ages and fitness levels

**Westin Tone Wednesday 09.00.** This class is based on various strength, endurance and resistance exercises. This session will help you shape & trim abs, glutes & thigh muscles, a great lower body workout.

**Westin Yoga Wednesday 10:45.** Westin Yoga is a vigorous fitness-based yoga class that gives a healthy dose of aerobic, physical & mental benefits. Muscle toning and weight loss are some of the advantages of this style of yoga.

**Westin Boost Wednesday 18:00.** This class boosts a number of different fitness components such as strength, endurance and cardio. A feel-good class which uses suspension training, resistance and bodyweight exercises to work on your full body.

**Westin Yoga Wednesday 19.00** Westin Yoga is a vigorous fitness-based yoga class that gives a healthy dose of aerobic, physical & mental benefits. Muscle toning and weight loss are some of the advantages of this style of yoga.

**Westin Yoga Thursday 0645** Westin Yoga is a vigorous fitness-based yoga class that gives a healthy dose of aerobic, physical & mental benefits. Muscle toning and weight loss are some of the advantages of this style of yoga.

**Westin Bootcamp Thursday 09:30** Cardiovascular & muscular fitness will be challenged in this circuit-style session, using body weight, plyometric and resistance exercises. The instructor will vary the class format for motivation and fun!

**Westin Aquatic Thursday 10.00** An immensely enjoyable form of exercise which makes use of the natural resistance and buoyancy of water to provide a low impact workout that is both fun and effective.

**Westin Ride Thursday 18.15** A super-fast workout which will ensure maximum energy, great fun and the best high calorie fat burning exercise.

**Westin CKB Thursday 19.00** Martial arts inspired cardio workout, developing a strong mind & body connection. Proper technique for punches and kicks, spiking up your fitness, endurance and strength. All levels welcome!

**Westin BurnFast Friday 06:30** Experience an energising indoor cycling ride and pumping circuit workout. Take your fitness to a higher level, strengthen your body and challenge your mind, all to the beat of music. This is a great workout for all ages and fitness levels.

**Westin Cyc-Fit Friday 09:30.** Combining Indoor cycling & upper body conditioning. This class targets cardio, legs, core & upper body exercises. A vibrant mix for a full body workout.

**Westin Yoga Friday 10:45** Westin Yoga is a vigorous fitness-based yoga class that gives a healthy dose of aerobic, physical & mental benefits. Muscle toning and weight loss are some of the advantages of this style of yoga.

**Westin Circuit Friday 18.30.** This session takes participants through a mix of cardio & strength exercises with relatively brief rests. A great class, it's fast paced, motivational and fun.

**Westin Ride Saturday 08.45.** Exploit your strength as you cycle the calories away to the beat of great sounds, aiming to challenge the body through a resistance managed journey at varying speeds with specific benefits to be achieved with each track.

**Westin Blast Saturday 10.00** A full body workout which infuses strength training, body weight and core. This class increases muscular strength, cardiovascular endurance and core stability. It's a fun, energetic, lively class and let your body have a blast!

**Westin Aquatic Saturday 10.00** An immensely enjoyable form of exercise which makes use of the natural resistance and buoyancy of water to provide a low impact workout that is both fun and effective.