

## FITNESS CLASSES DESCRIPTION

**Westin BurnFast Monday 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 Circuit Monday 09.30.** Every class has a different format & challenge. This session takes participants through a mix of cardio and 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 muscles & also works on skeletal alignment and balance capacity.

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

**Westin Ride Monday 19.00.** 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 Step & Tone Tuesday 07.00** Feel energized with this full body cardio workout, build stamina, tone legs and glutes. From athletic moves to funky mambos, you can step your way to a lean and toned physique!

**Westin Fit Tuesday 09.30.** Functional Intense Training. Combining Cardio (Cycling), Core and Interval training. This is an intense body workout guarantees rapid results through individually challenging levels.

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

**Westin Pump Tuesday 19.00** Trim the body with intense toning exercises to tighten and 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 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 Spin 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 Abtone Friday 18.30** A dedicated session for abs and gradual build up in intensity to challenge the entire core muscle groups ending with 15 minutes high intensity full body drills to strengthen & tone your body.

**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!