

Westin Tone Monday 09.30

This class is a perfect workout, 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 Pilates Monday 10.45 & Tuesday 20.00

A sequence of controlled movement to strengthen the core muscles of the body that 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 Fit Tuesday 09.30

Functional Intense Training. A combination of Cardio (Cycling), Core and Interval training This is an intense body workout guarantees rapid results through individually challenging levels.



Westin Aquatic Tuesday 10.00 & Thursday 09.00

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 & Wednesday 07:00 (45 minute class)

The Rider class simulates an outdoor ride, increase cardiovascular capacity by 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 Shapin Tuesday 19.00

Trim the body with intense toning exercises to tighten and strengthen muscles in the back and lower body using resistance equipment & power moves with intervals of high intensity drills to add cardiac fitness.

Westin Intense Wednesday 09.30

This class takes participants through a serious cardio and strength exercises with relatively brief rests in between intervals. It's fast paced, motivational and fun. A great class for effective results!

FITNESS CLASSES

WESTIN[®] WORKOUT

Westin Yoga Wednesday 10:45 & 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 Cyc-fit Wednesday 18:00 & 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 work blast.



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 Spin Thursday 18.15

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



Westin Sculpt Friday 18.30

A fat burning challenge to sculpt the abs and upper body with progressive weighted load using barbells and free weights and with special focus on intensive abdominal training for core strength and great shape.

Westin Ride BYO Saturday 08.45

Bring your own tracks of choice to add to selected class tracks, to take us through a cycling journey to strengthen your cardiac and tonality fitness as you ride hills and planes to the sound of your choice of music and managed resistance.

