

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA FIT Pool Anne 09.00—09.45	STUDIO CYCLING Studio Cliff 07.00—07.45	PILATES Studio Anna 09.00—10.00	SPIN/TABATA Studio Cliff 06.45—07.30	AQUA FIT Pool Anne 09.00—09.45	YOGA Studio Agnes 09.15—10.45	CIRCUITS Studio Lauren O'B 10.15—10.45
STUDIO CYCLING Studio Jackie 09.15—10.00	CIRCUITS Studio Lauren 09.20—09.50	AQUA FIT Pool Mark 09.45—10.30	METAFIT Studio Cliff 09.15—09.45	STUDIO CYCLING Studio Joya 09.15—10.00	BODY PUMP Studio Richard 10.50—11.50	STUDIO CYCLING Studio Lauren O'B 10.50—11.35
AQUA FIT Pool Anne 09.45—10.30	BODY PUMP Studio Jackie 10.00—11.00	BODY BLITZ Studio Anne 10.10—11.10	AQUA DANCE Pool Mel 09.45—10.30	AQUA FIT Pool Anne 09.45—10.30	BOXING FITNESS Studio Tom 12.00—12.45	AQUA FIT Pool Angela 11.00—11.45
MINDFULNESS MEDITATION Studio Fiona 10.20—11.15	FITBALL Studio Gill 11.05—12.05	PILATES Studio Morag 11.20—12.20	THROWBACK DANCE Studio Laura 09.55—10.55	BODY ATTACK Studio Rob 10.30—11.30	FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00	PILATES Studio Amy 16.30—17.30
PILATES Studio Morag 11.20—12.20	HEALTHY HEARTS £ Studio Morag 12.30—13.30	FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00	FITNESS PILATES Studio Gill 11.00—12.00	BODY BALANCE Studio Rob 11.40—12.40		
BODY PUMP Studio Nikki 12.30—13.15	HEALTHY BONES £ Creche Morag 14.30—15.30	IYENGAR YOGA Creche Lesley 17.30—18.45	HATHA YOGA Studio Mark. L 12.15—13.15	FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00		
FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00	FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00	STUDIO CYCLING Studio Rob 17.45—18.30	FETTES/WESTWOODS ACTIVITIES Studio 14.00—17.00	BOOTCAMP Outside Cliff 18.00—18.45		
GRIT STRENGTH Studio Danny 17.45—18.15	METAFIT Studio Cliff 17.30—18.00	GRIT STRENGTH Studio Rob 18.40—19.10	BOOTCAMP Studio Cliff 18.00—19.00			
ZUMBA Studio Iga 18.30—19.30	BODY PUMP Studio Rob 18.05—18.50	PILATES Studio Katie 19.50—20.50				
PILATES Studio Amy 19.50—20.50	AQUA FIT Pool Anne 18.15—19.00					
	JOG SCOTLAND £ Reception Andrew 18.00—19.00					
	STUDIO CYCLING Studio Rob 19.00—19.45					
	PILATES Studio Amy 19.50—20.50					

BOOKING PROCESS

Class bookings can be made up to 7 days in advance via reception, by phone, or by email.

Bookings for Pilates classes (Mon-Wed) open the Monday of the week before, so in some cases may be booked up to 9 days in advance.

A member may pre-book **ONE CLASS** for either Monday, Tuesday or Wednesday if they call on Monday. Once they have made one booking, they may not book another Pilates class until the next day.

For a copy of the Pilates booking policy please contact reception.

Class Descriptions

Aqua Fit (Mon/Tue/Wed/Fri/Sun)

This non-impact, high intensity class is fantastic fun and is a complete workout combining cardiovascular and conditioning techniques in the water.

Aqua Dance

Aqua dance brings new meaning to the idea of an invigorating workout. It combines rhythm and dance steps. It offers a fun but challenging full body water-based toning workout.

Body Attack

This is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance.

Body Blitz

You will be put through your paces with this all-round workout with a combination of boxing moves, step, tone and Xer tubes. Be part of this unique experience.

Body Pump

A 45 to 60 minute non-impact, resistance training programme that utilises barbells and adjustable weights. It will tone and condition your body, help you lose weight and ultimately change the shape of your body.

Body Balance

A mind and body-based class for anyone and everyone. Bending and stretching through safe and simple yoga moves set to music, the class blends elements of Tai Chi and Pilates to strengthen your entire body leaving you feeling serene and relaxed.

Boot Camp & Circuits

These are two separate workouts both incorporating total body workouts. There will be fast-paced combinations of cardiovascular and strength exercises. Boot Camp with slightly more variety.

Boxing Fitness

This class combines basic boxing fundamentals, plyometrics and high intensity interval training to boost your heart rate and maximise calories burned.

FitBall

A core stability class using Swiss balls. This class will tone deep stomach muscles, improve posture and reduce lower back pain.

Fitness Pilates

Using Pilates equipment-rings, bands, balls and gliders-you will be taken through a series of exercises to increase the flow of movement, improve flexibility and build strength to develop a strong core while improving your coordination and balance.

Grit Strength

Grit strength is designed to rapidly improve strength, increase lean muscle and put your metabolism into overdrive.

Healthy Bones

This class is for people referred by the doctor or osteoporosis clinic.

Healthy Hearts

Cardiac Rehabilitation class. It is affiliated to CHAS. Designed for people who have heart problems and/or diabetes. Referral required from your GP before you take part.

Metafit

A high intensity 20 to 25 minute metabolic workout which uses body weight exercises to build speed, strength & power for a fantastic fat burning workout.

Mindfulness Meditation

Mindfulness has become more popular recently as a means of reducing stress, promoting wellbeing and increasing attention. Meditation will focus on breathing, body sensations, the senses and self-compassion. Everyone of all abilities will be very welcome!

Pilates

Invigorate the mind and body, improve your posture, core stability and flexibility, creating long lean muscles at the same time. This is achieved using a series of flowing, full range movements.

Studio Cycling

The ultimate in will power, this class caters for all levels and simulates outdoor riding, including hill climbs, downhill sprints and flat riding. A great calorie burner and lots of fun.

Studio Cycling/ Tabata

A cross training class that is ideal for developing all round fitness. High intensity interval training exercises are combined with spin bike stations to create a fun and challenging workout that is different every time.

Throwback Fitness

This class has been designed to work your cardiovascular system and muscle endurance while working aerobically to your favourite songs with a twist from 60's, 70's and 80's eras.

Warrior

A functional fitness class which incorporates old style 'strong man' training. The class will work both the aerobic and anaerobic energy systems and will include exercises such as battle rope, kettlebells, slam ball and some weight lifting to help burn fat and build muscle.

Yoga (Iyengar)

An individual form of exercise concentrating on posture and encouraging improved flexibility, breathing development and relaxation. This class is especially suited for beginners and those with injuries or limited flexibility.

Yoga (Hatha Flow)

Hatha includes the practice of asanas (yoga postures) and pranayama (breathing exercises) which help bring peace and to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Zumba

Zumba involves dance and aerobic movements, performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo.

Fitness Class Entry Cut Off Times

All participants must participate in a full warm up prior to the start of the class in order to avoid injury. It is therefore the policy of Westwoods to ask instructors to deny latecomers entry to classes if they haven't been able to partake in a class specific warm up.

Jog Scotland

Buy a block of ten sessions for £25.00.

Please contact reception to decide on level and book courses.

Places are subject to availability. More info on club website.

B@W At Westwoods
we want you
to be the
best you



WESTWOODS

HEALTH CLUB AT FETTES



**FITNESS
TIMETABLE**

AMENDED AUGUST 2019