


WESTWOODS WELLBEING MEMBERSHIP LET'S MAKE A CHANGE TOGETHER

People need people to survive and thrive. Recent experiences have taught us the importance of feeling a sense of belonging and at Westwoods we strive to create a welcoming, friendly and inclusive community environment for all. Our team is passionate and committed to assist your staff to set their wellbeing goals to prevent burnout and give them a better work/life balance.

YOUR FULL ACCESS MEMBERSHIP IS ONE STEP AWAY

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- ➔ 25m, 6 lane swimming pool
 - ➔ Sauna and steam room
 - ➔ 65+ fitness & wellbeing classes
 - ➔ Wellness & Outdoor Zone
 - ➔ Cafe Refresh
 - ➔ Tennis courts (April to August)
 - ➔ State-of-the-art gym
 - ➔ Tanita appointment every 8 weeks to monitor fitness progress
 - ➔ 12-week wellness journey setting wellbeing goals



**SCAN ME TO
BOOK YOUR
TOUR**