

Westway Sports & Fitness Centre

Group Exercise Programme

KEY 1 Studio 2 Meeting Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
09:30 - 10:15		Boot Camp 1				BODYPUMP™ 1		09:30 - 10:15
10:00 - 10:45	Box 1							10:00 - 10:45
10:30 - 11:15			BODYPUMP™ 1					10:30 - 11:15
11:30 - 13:15			Adaptive Yoga 2					11:30 - 13:15
18:15 - 19:00				STRONG by Zumba® 1				18:15 - 19:00
18:30 - 19:15	BODYPUMP™ 1		BODYPUMP™ 1		Zumba® 1			18:30 - 19:15
19:00 - 19:45				Box 1				19:00 - 19:45
20:00 - 20:45		BODYPUMP™ 1						20:00 - 20:45

Class Descriptions

SPECIALITIES

Box Jab, Cross, Bob and Weave your way to fitness. This non contact BOX workout will invigorate you, leaving you looking forward to round 2!

STRONG by Zumba® is music led HIIT training. STRONG by Zumba® incorporates combat style moves and strength training set to latin rhythms. This is not a dance class!

Zumba® is a spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.

UNWIND & RE-ENERGISE

Adaptive Yoga Adaptive yoga classes are for people living with disability, loss and trauma. Mobility disabilities, such as but not limited to partial paralysis, amputation, spinal chord injury, stroke, multiple sclerosis, cerebral palsy, visual impairment. Classical yoga postures are adapted to the needs of students to provide the experience of the pose and to deepen the body-mind awareness.

TONING AND STRENGTH

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast!

Boot Camp If you are looking to lose weight, tone up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better then you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary week to week.

Tell us how your workout went by using the hashtag #feelbetterforit

Timetable correct as of April 2019. Any updates to this timetable will be made online at www.everyoneactive.com

Studio time is available for hire. Please contact the Centre Reception for details.

Book your class using our free app or online at www.everyoneactive.com

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