

Westway Sports & Fitness Club

Group Exercise Programme

KEY 1 Studio 1 2 Group Cycling Studio 3 Gym
£ - Additional charge

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TIME |
|---------------|------------------------------|-------------------------|----------------|-------------------------------|-------------------------------|-----------------|-------------------------|---------------|
| 07:30 - 08:00 | HIIT 1 | HIIT 1 | HIIT 1 | HIIT 1 | HIIT 1 | | | 07:30 - 08:00 |
| 09:00 - 10:00 | Back to Form 1 | | | | | | | 09:00 - 10:00 |
| 09:15 - 10:00 | | | | | | | BODYPUMP™ 1 | 09:15 - 10:00 |
| 09:15 - 10:15 | | | | | | Circuits 1 | | 09:15 - 10:15 |
| 09:30 - 10:15 | | | | | Group Cycling (Women Only) 2 | | | 09:30 - 10:15 |
| 09:45 - 10:45 | | BODYPUMP™(Women Only) 1 | Step 1 | Boxing Fitness (Women Only) 1 | | | | 09:45 - 10:45 |
| 10:00 - 10:45 | Group Cycling (Women Only) 2 | | | | | | | 10:00 - 10:45 |
| 10:15 - 11:00 | | | | | | | Body Conditioning 1 | 10:15 - 11:00 |
| 10:30 - 11:15 | | | | | | Group Cycling 2 | | 10:30 - 11:15 |
| 10:30 - 11:30 | | | | | Pilates 50+ Open Age 1 | Pilates 1 | | 10:30 - 11:30 |
| 11:00 - 11:45 | LBT 1 | | | | | | | 11:00 - 11:45 |
| 11:00 - 12:00 | | | | Salsa 1 | | | | 11:00 - 12:00 |
| 11:15 - 12:15 | | Zumba® (Women only) 1 | | | | | Pilates 1 | 11:15 - 12:15 |
| 11:35 - 13:05 | | | | | | Ashtanga Yoga 1 | | 11:35 - 13:05 |
| 11:30 - 12:30 | | | | | Tai Chi 1 | | | 11:30 - 12:30 |
| 12:15 - 13:15 | | | Flow Yoga 1 | Pilates 1 | | | | 12:15 - 13:15 |
| 12:30 - 13:30 | | Pilates 1 | | | | | | 12:30 - 13:30 |
| 12:30 - 14:00 | | | | | | | Capoeira £ 1 | 12:30 - 14:00 |
| 12:30 - 14:30 | | | | | Breathing Yoga 50+ Open Age 1 | | | 12:30 - 14:30 |
| 13:00 - 14:15 | Yoga 50+ Open Age 1 | | | | | | | 13:00 - 14:15 |
| 13:15 - 14:15 | | | | | | Hatha Yoga 1 | | 13:15 - 14:15 |
| 13:30 - 14:30 | | Zumba® Gold Open Age 1 | | | | | | 13:30 - 14:30 |
| 14:00 - 15:00 | | | Back to Form 1 | | | | | 14:00 - 15:00 |
| 18:00 - 19:00 | | | | | | | Zumba® (Women only) £ 1 | 18:00 - 19:00 |
| 18:30 - 19:15 | Body Conditioning 1 | Group Cycling 2 | BODYPUMP™ 1 | Boot Camp 1 | | | | 18:30 - 19:15 |
| 18:30 - 19:15 | Group Cycling 2 | Boot Camp 1 | | | | | | 18:30 - 19:15 |
| 18:30 - 19:30 | | | | | STRONG by Zumba® 1 | | | 18:30 - 19:30 |
| 19:25 - 20:25 | | | | Ashtanga Yoga 1 | | | | 19:25 - 20:25 |
| 19:25 - 21:00 | | Dynamic Yoga 1 | | | | | | 19:25 - 21:00 |
| 19:30 - 20:30 | Pilates 1 | | Zumba® 1 | | | | | 19:30 - 20:30 |
| 19:30 - 21:00 | | | | | Capoeira £ 1 | | | 19:30 - 21:00 |
| 20:30 - 21:00 | | | | Yoga Workshop 1 | | | | 20:30 - 21:00 |

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.

Class Descriptions

CALORIE KILLERS

Group Cycling On yer bike! Calories killing at it's best without the stress of any complicated moves. Great music, motivational instructors and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.

Step Using simple moves Step allows you to train at the intensity you want without having to think too hard. It features a mixture of interval training followed by muscle conditioning to shape and tone the entire body.

SPECIALITIES

Back to Form The class is taught by a specifically qualified instructor in lower back pain exercise referral - using the latest evidence based exercises for the prevention and rehabilitation of lower back pain.

Boxing Fitness A martial art based fitness session that is fun and non-contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.

Capoeira Afro-Brazilian martial art hat combines elements of dance, acrobatics and music. It is known for its quick and complex manoeuvres, predominantly using power, speed and leverage across a wide variety of kicks, spins and other techniques.

HIIT High Intensity Interval Training session....to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout and in less time....and also increases the rate at which you burn calories post workout!

Salsa Low impact / fun / all inclusive. This is a fun filled infusion of aerobics and Latin American dance (no partner needed).

Tai Chi Taken from Chinese methods of breathing and self defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

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.

Zumba® Gold™ Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to fit and healthy lifestyle.

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Everyone squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

TONING AND STRENGTH

Body Conditioning A challenging workout designed to improve your cardiovascular fitness, muscular strength and physical endurance, delivering all round benefits to every part of the body. Suitable and adaptable to all levels of fitness from beginners to advanced exercisers.

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.

Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.

Core Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side-line our efforts to stay in shape.

LBT Legs, Bums and Tums. Get to grips with those wobbly bits! A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands.

UNWIND & RE-ENERGISE

Ashtanga Yoga This method of yoga involves synchronizing the breath with a progressive series of postures - a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

Breathing Yoga Yoga breathing or Pranayama, is the foundation of your yoga practice. It begins with deepening your breathing within the 3 part breath, then moves into more advanced breathing exercises. Pranayama also goes hand in hand with Asanas.

Hatha Yoga Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of Asanas (yoga postures) and Pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Pilates These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

Yoga One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

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