

CLASS DESCRIPTIONS

LES MILLS BODYBALANCE™

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Based on a carefully structured series of stretches, moves and poses to music it creates a holistic workout that brings the body into a state of harmony and balance. This class will increase your flexibility and inner strength creating a strong supple body from the inside out. Burn on average 390 Calories per hour.

LES MILLS BODYPUMP™

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. This is a resistance based workout using bars and weights to burn calories even after you've left the class. Having been around for more than 20 years this class is proven to get you results. Remember, your body needs recovery time between workouts, so rest for a day between classes. Burn on average 560 Calories per hour.

LES MILLS BODYATTACK™

BODYATTACK™ is a fun filled interval training class which combines aerobic movements and athletic agility training with strength exercises. There are high and low options so this class is for everyone. Don't get fit before trying a class - get fit in the class with awesome music and simple moves motivating you to achieve your goals. Burn on average 735 Calories per hour.

LES MILLS CXWORX™

CXWORX™ Looking for a short, sharp 30 min workout that'll tighten your tummy and butt, while also improving functional strength and assisting in injury prevention. Based on cutting-edge scientific research it'll help you run faster, play harder, stand stronger, be healthier! Burn on average 230 Calories per 30mins.

LES MILLS RPM/SPIN™

RPM is an indoor cycling class, set to the rhythm of motivating music. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. Get fit fast and burn on average 620 calories.

LES MILLS 'THE TRIP'™

Cycling workout THE TRIP™ is the first IMMERSIVE FITNESS experience and exclusive to West Wood Clubs in Ireland. Where the mind goes, the body will follow. That's the philosophy behind Les Mills' newest innovation. More than an exercise class, it's a sensory experience that pushes fitness into a new dimension. Inspired by cinema, live concerts and interactive gaming, IMMERSIVE FITNESS™ combines purpose-built studios and live instructors with immersive video. The potential for what a workout can be is limitless. The future of fitness is here.

LES MILLS SPRINT™ / HIIT

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results with minimum joint impact. This short workout will motivate you to push your physical and mental limits. With bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. Smash your fitness goals and burn calories for hours!

LES MILLS RPM VIRTUAL™

The same workout as a 'live' instructor lead RPM class except your instructor is on the big screen. Cycle your way, to your level of intensity. A perfect way to start your fitness experience if you are shy or not sure this is for you. Similarly a great way to squeeze in an awesome workout when it suits your schedule.

LES MILLS SH'BAM VIRTUAL™

Sh'bam is the cheeky, insanely addictive dance workout where anything goes and everything is encouraged! You'll find a fabulous mix of dance styles from the heat of latinos to the cool tunes of a nightclub. Even if you have two left feet this class can't help but make you smile.

LES MILLS BODYCOMBAT VIRTUAL™

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. BodyCombat works your legs, tones your arms, back, and shoulders and provides phenomenal core training. Develop co-ordination, agility, speed, and feel empowered. Burn on average 740 calories.

KETTLEBELLS

A Kettlebell is a centuries-old training tool that looks like a cannon ball with a handle. Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously. It will give you fast results for strength, endurance and muscle toning by challenging you through total body movements. Burn on average 560 Calories per hour.

GRAVITY

All Gravity classes are performed on the award-winning Gravity Training System which offers 22 levels of incline resistance. The dynamic cable pulley and glideboard will challenge you to build strength, core stability and muscle endurance all with minimal impact to the joints. Burn on average 315 Calories per hour.

ZUMBA

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Burn on average 683 Calories per hour.

YOUNG@HEART

Young @ Heart is designed for the more mature adult. This class improves your fitness level, strength, mobility and core stability keeping you fit and healthy. There's something different every week and fun is guaranteed!

BOOTCAMP

Burn fat, tone muscle and lose weight. Body Bootcamp is a highly effective circuit training class. We use a variety of specialised body-shaping and fitness equipment to target every part of your body for maximum toning and fat-loss. Burns up to 550 Calories per hour.



LIVE OR VIRTUAL CLASSES WHAT'S THE DIFFERENCE?

LIVE

LIVE Classes are led by one of our very own certified in house Les Mills instructors. They will guide you safely and effectively through the class and are available for free Technique Checks and advice pre and post classes.

VIRTUAL

VIRTUAL classes are led by on screen pre-recorded instructor/s. Train at your own pace and your own convenience. If in doubt book a free Technique Check with our in-house fully certified instructors.

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Please note that we recommend no more than 3 HIIT Based classes a week, due to risk of overtraining and the stress it places on your body and mind. Any HIIT class is not suitable for pregnant women.

Please ensure you book in for LIVE classes on the day to avoid disappointment.