

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 LM TONE™

Get your body toned and in great shape with this fun workout. Cardio to start followed by band work. Shaping your thighs, bum and with a big emphasis on core work throughout. There is lots of choice and options available to make you feel successful. The music will leave you full of energy. Each class burns on average 615 calories.

LES MILLS GRIT™

LES MILLS GRIT™ Series is a 30-minute High Intensity Interval Training (HIIT) class. A mix of strength, Plyometrics and Cardio ensures you're challenged every time! Innovative movements and powerful music burns maximum calories. Reap the EPOC effect which means high calorie burn both in class but also for hours after - sending your metabolism into overdrive. Your GRIT coach checks technique and tailors options to suit your body. Burn between 300 - 500 calories per class.

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™

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 BARRE VIRTUAL™

Les Mills BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus.

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 SH'BAM™

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.

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.

GRAVITY STRENGTH*

With the Gravity Training System (GTS) you use your own body weight as resistance to strengthen, tone and sculpt. With music pumping, you will engage all major muscle groups and experience a multitude of strength and core exercises to improve functional fitness. As a small class, everyone gets an individualized workout that will increase in intensity as you improve.

GRAVITY PILATES*

Set on the award winning Gravity Training System (GTS) you use your own body weight to strengthen your core muscles ie; back, belly & butt. As this class is based on the principles of pilates movements you will leave class feeling strong, exhilarated, stretched and focused. Remember improved core strength & flexibility encourage better movement in the whole body. This in turn helps you in all your other disciplines in everyday life. Walking, Running, Weightlifting etc

BOXfit

BOXfit is an all-level circuit training class inspired by boxing training techniques and methods. This is a class that will empower you! Jab, Cross & Hook your way to fitness with this fun innovative class. Burn on average 690 Calories per hour.

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.



WEST WOOD

C · L · U · B

RIG CIRCUITS

Rig Fitness takes place on our state of the art MultiRig and Sprint track. This versatile class combines strength and cardio for an amazing full body blast. Squats, farmers walk, prowler push and even boxing will be included in this short work out. It's only 30 minutes long and it'll be over before you know it. Incinerate fat and burn lots of calories.

MASTER SWIMMING

This class is designed for anyone thinking of competing in swimming competitions or triathlons. Or just wishing to improve their swimming technique. Classes include swimming technique, dives, turns, race tactics and more.

AQUAfit*

In water and without the impact on your joints this class provides great exercise and toning, leading to improved range of motion, strength, coordination and flexibility. It's all about fun and connecting with others without the sweat!

AQUA BLAST

Aquatic based exercises with an edge! A 30 minute high intensity water workout for the person who wants more than the average Aqua class. Utilizing specialised equipment to get the best results for you.

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!

JUNIORCISE

Lots of fun and movement to great music. Using their own body weight to be active and develop motor skills and coordination. Ages range from 6-11 years.

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.

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.

** These classes must be pre-booked due to a limited number of places being available.*