

CLASS DESCRIPTIONS

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 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 '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.

MIND & BODY

Mind & Body is a class that blends strength and flexibility. We take time to breathe, stretch and relax. This class is suitable for all levels.

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving co-ordination and balance. This class is suitable for all levels.

JUST DANCE

'JUST DANCE' is a fusion of Latin and street dancing, creating a dynamic and fun workout. Move to the music to burn calories and get fitter, faster. This class is suitable for all levels.

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.

HIIT

High Intensity Interval Training uses our specially designed rig to challenge the body on different functional exercises. This class is suitable for all levels.

CIRCUITS

Circuits is switching exercises after a set amount of time, with short recoveries. This keeps the heart rate up to get us fitter, quicker. This class is suitable for all levels.

Rip:60™

A pair of revolutionary rotating straps suspended from a bar featuring suspended rotation. Each workout focuses on building flexibility, strength, stability, and balance by replicating natural movements such as pushing, pulling, twisting, lunging and squatting. Burn on average 200 Calories per 30mins.

LES MILLS VIRTUAL CLASSES

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 BODYBALANCE VIRTUAL™

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 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.



WEST WOOD

C · L · U · B

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.*