

Woodbury Park

Hotel & Golf Club



Leisure Centre



Fitness and Workouts

Woodbury Park Gym - Fixed Strength, Free Weights, Cardio, Power Plate, Personal Training...

Whether you are training for a specific event, or just wanting to keep fit, our gym facilities offer a wide range of cardiovascular machines, fixed resistance machines, free weights, power plates and a wide range of additional equipment.

Our fixed strength equipment focuses on specific muscle groups and provides an easy initiation into strength training. It's perfect for building isolated muscle strength or size in a safe way as the machine guides your movement; and as muscle burns calories efficiently, it is a key part of your workout.

As part of your membership you will receive your own personalised exercise programme, health screening and an additional 8-weekly programme reviews.

Personal Training

Why not book a free consultation with one of our Personal Trainers. Whatever your fitness goal - weight loss, strength gain, athletic performance, stress relief, or if you just need to get your training back on track and stay motivated - then our Personal Trainer will work with you to achieve your goals and get results.



All memberships include FREE CLASSES
Plus 10% discount on all hotel facilities from rooms to À la Carte meals, drinks to light lunches.



Studio and Classes

Group exercise is a great fun way to stay motivated and meet new like-minded people. Check out our new timetable including Zumba, Pump and Blast, yoga and everything in-between.

Stretch & Tone - An all over body conditioning class using various pieces of equipment to ensure an increase in muscle tone, strength and endurance.

LBT - This is a multi stationed fun aerobic session.

Blast & Pump - Challenges all your major muscle groups by using the best free weight exercise like squats, presses, lifts and curls.

Fit ball - Using stability balls & free weights to ensure that you improve your balance, strength and stamina.

Yoga - Improves your flexibility and increases your strength. Yoga is all about creating balance in your body while developing strength and flexibility.

Zumba - Shake, strut and shimmy your way to fitness with our zumba fitness classes. Burn calories, buff your booty and tone your tum.

Pilates - One of the world's most popular exercise classes. It gives strength without bulk, stretches your muscles, improves your posture and can help ease lower back pain. It restores the balance of your whole body, leaving you feeling healthier and more relaxed.

Spinning - Saddle up for an exciting and fun way to pedal your way to cardiovascular fitness. There are no complicated moves to learn - just fantastic music to pedal in time to and a great inspiring group atmosphere.



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Rejuvenation and Relaxation

Enjoy the Pool

Swimming is one of the best exercises you can do to strengthen your muscles, increase your fitness and tone your body without putting any stress on your joints. It's also great for relaxation and keeping the kids amused. We have a range of swimming activities - from regular swimming lessons for all ages, to Aqua aerobics.

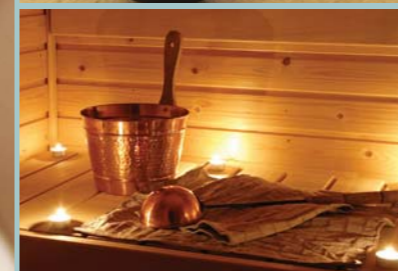
Take time out to unwind in our sauna or just lie back in our stunning Jacuzzi with woodland views.

Woodbury Park Leisure Centre has it all!

Whether it's relaxing in our stunning pool area or keeping fit and healthy, we have everything you need. Our excellent facilities include a fully equipped gym, fitness studio, twenty metre indoor pool, with poolside sauna suite and Jacuzzi, tennis courts and squash court. Our highly qualified leisure team are here to ensure that you get the most benefit out of your time with us.

Opening Times:

Monday - Friday	7.00am - 9.30pm
Saturday and Sunday	7.00am - 9.00pm



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