



*WWSCC built
with pride by
your community*

West Wight[®]
Sports & Community Centre

Adult fitness classes – descriptions and times



A range of classes to suit the whole community

☎ 01983 752168



westwight.org.uk



Aqua mobility A gentle water-based session for relaxation, fitness, physical rehabilitation and mobilisation. Specifically designed for those with limited mobility, arthritis, stroke rehabilitation, joint replacements etc.

Body Fit Whole body workout focusing on improving core strength, posture & flexibility using a combination of pilates, Barre workout, yogafit stretching & relaxation.

Body sculpt A range of exercises focusing on balance and core strength to strengthen muscles surrounding ankles, knees and hips.

Bootcamp A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout.

Bums, legs & tums A series of exercises to tone up the bums, tums and legs, improve muscle tone and shape of the body.

Circuit training This class is suitable for all ages and abilities as you can work at your own pace. The class includes a variety of cardiovascular and resistance work.

Couch to 5k A tried and tested, popular programme which is designed for beginners to gradually build up your running ability, so you can run 5k without stopping, in just 9 weeks!

Easy does it A chair-based exercise class suitable for anyone of restricted mobility or fitness.

Functional fitness Each week a different routine of compound and functional exercises performed at a high intensity, to improve overall body fitness, strength, endurance and burn serious calories.

HIIT High intensity interval training inside in the winter, outside in the summer. Can burn body fat for up to 48 hours!

Line dancing A fun and active exercise class to choreographed routines.

Pilates Strengthens core and improves flexibility; builds mental stamina and focus; helps lower blood pressure and cholesterol levels; great for tensions release and relaxation. *Please bring a mat.*

Revolution A low impact exercise, indoor cycling has been shown to build muscle tone and increase your cardio-endurance.

Seniors' table tennis Whether you're a veteran player or have never picked up a bat before, come along and join in the fun.

Tabata A HIIT based session which uses a similar layout to a traditional circuit class, using a variety of exercises to guarantee a full body workout.

Tone & stretch These classes aim to increase flexibility and improve posture and balance.

Total abs Starts with a basic warm up then an abdominal work out focusing on the core muscles of the back, sides and abdominals.

Total body workout A 45 minute high energy workout for the whole body

Total step Using steps and weights, this moderate to high impact session will help strengthen and tone your muscles, burn fat and improve your cardio fitness.

TRX suspension training Provides a full body workout including strength, endurance, balance coordination, power and core stability all at the same time.

Waterfit/Aqua aerobics A variety of water exercise classes to meet the needs of all ages and fitness levels. Some sessions are run in shallow water and others in the deep end of the pool.

Yoga For beginners to intermediates.

Progression Yoga A longer session to develop your skills.

Zumboogie A dance-based cardio workout, designed to get your heart thumping and your body pumping. This energetic class combines salsa, calypso, hip-hop & merengue into one exciting and exhilarating session.

50+ Keep fit Don't worry about your age or fitness level. We guarantee you'll have a good time at this class.

Please note classes do not run on Bank Holidays

MONDAY

- 0900–0945 **Adult swimming lessons**
- 0900–1000 **Yoga**
- 0900–1000 **Tabata**
- 1000–1100 **Body sculpt**
- 1015–1115 **Revolution**
- 1000–1100 **Yoga**
- 1100–1200 **Aqua mobility** (*term time only*)
- 1200–1300 **Waterfit** (*shallow water*)
- 1800–1900 **Zumboogie** (*term time only*)
- 1800–1845 **Total body workout**
- 1900–2000 **Circuit training**
- 1900–2000 **Revolution**
- 2015–2115 **Aqua aerobics**

TUESDAY

*Walkfit (for meeting venue
& time see separate leaflet)*

- 0915–1015 **Total step**
- 1000–1130 **Walking football**
- 1100–1200 **50+ Keepfit**
- 1845–1945 **Functional fitness**

WEDNESDAY

- 0645–0745 **Bootcamp**
- 0945–1030 **Pilates**
- 1000–1100 **Aqua mobility** (*term time only*)
- 0915–1015 **Revolution**
- 1045–1145 **Body fit**
- 1115–1215 **Easy does it**
- 1100–1200 **Aqua aerobics** (*term time only*)
- 1330–1430 **Tone & stretch**
- 1530–1700 **Progression Yoga**
- 1800–1900 **Bums, legs & tums**
- 1800–1900 **Yoga**
- 1900–2000 **Yoga**
- 1915–2015 **Aqua aerobics**

THURSDAY

- 0930–1030 **Bums, legs & tums**
- 1000–1200 **Really useful café**
(seated exercise)
- 1330–1430 **Seniors table tennis**
- 1400–1500 **Line dancing**
- 1800–1900 **Total abs**
- 1800–1900 **Yoga**
- 1900–2000 **Yoga**
- 1915–2015 **Circuit training**

FRIDAY

- 0645–0745 **Bootcamp**
- 0900–1000 **Total abs**
- 0900–1030 **Progression yoga**
- 1030–1130 **Revolution**
- 1200–1300 **Waterfit**
(shallow water)
- 1700–1745 **TRX class**
- 1800–1830 **HIIT** (*High Intensity
Interval Training*)
- 1845–1945 **Revolution**

SATURDAY

- 0900–1000 **Circuit training**
- 0900 on **Couch to 5K**
(9 wk program)
- 1015–1100 **Pilates**

SUNDAY

- 1000–1100 **Walking football**

GYM opening hours

0700–2115	Monday	Adult £6.00
0900–2100	Tuesday	Junior (14 to 19yrs) £2.65
0700–2015	Wednesday	
0900–2100	Thursday	<i>You will need to book an induction before you can use the gym</i>
0700–2030	Friday	
0700–1700	Saturday	
0900–1900	Sunday	

JUNIOR GYM

14–15yrs can attend at these times ONLY

1630–1830 Monday to Friday

Memberships

All our classes are included in Gold and Silver class memberships

GOLD gives you use of the gym, pools, court hire and all exercise classes. Complimentary tea and coffee.

SILVER gives you use of the gym and pools or exercise classes and pools.

BRONZE gives you use of the pools.

Pick up a leaflet or speak to a member of staff for more details of the packages we offer.

Pay-as-you-go charges

All classes are £5, except the following:

Adult swimming lessons £9.50	Easy does it £3.60
Progression yoga £7.00	Senior table tennis £2.00
Yoga; Pilates £6.00	Really useful café £3.00
HIIT £4.00	Walkfit; Couch to 5k; FREE

Adult swim **£4.20**

Child swim **£2.65**

Adult swim 50+ concession **£2.65**

– Tuesday only