

# Adult fitness classes – descriptions and times

☎ 01983 752168



westwight.org.uk



A range of classes to suit the whole community

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

**Back, Core & Glutes** Specific exercise to target weak back, core & glutes. Mostly floor work.

**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 & 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 & legs, improve muscle tone & shape of the body.

**Circuit training** Suitable for all ages & abilities, work at your own pace. Includes a variety of cv & resistance work.

**Couch to 5k** A tried & tested, popular programme designed for beginners to gradually build up running ability, run 5k without stopping, in just 9 weeks!

**Developmental Stretch** Is an excellent way of increasing flexibility. Designed to improve your range of movement & releasing tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch

**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 & functional exercises performed at a high intensity, to improve overall body fitness, strength & endurance.

**Gentle spin** Ideal for arthritic & rehabilitation clients. Gentle pace & gentle music.

**HIIT** High Intensity Interval Training. Can burn body fat for up to 48 hours!

**Line dancing** A fun & active exercise class to choreographed routines.

**Pickleball** is a paddle sport that combines elements of badminton, tennis & table tennis.

**Pilates** Strengthens core & improves flexibility; builds mental stamina & focus; helps lower blood pressure & cholesterol levels; great for tensions release & relaxation.

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

**Row Fit** Indoor rowing classes for fitness. Rowing is an ideal low impact form of exercise suitable for all ages & all levels of fitness.

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

**Tabata** A HIIT based circuit, using a variety of exercises to guarantee a full body workout.

**Tone & stretch** Aim to increase flexibility & improve posture & balance.

**Total abs** Focusing on the core muscles of the back, sides & abdominals.

**Total step** This moderate to high impact session will help strengthen & tone your muscles, burn fat & improve your cardio fitness.

**TRX suspension training** Provides a full body workout including strength, endurance, balance coordination, power & core stability.

**Waterfit/Aqua aerobics** Water exercise class to meet the needs of all ages & fitness levels. Some sessions are run in shallow water & others in the deep end of the pool.

**Hatha Yoga Foundation** Classic British Wheel of Yoga, safe if you are new to Yoga

**Hatha Yoga Progress** British Wheel of Yoga practice that requires some level of fitness

**Hatha Yoga Practitioner** Yoga class by British Wheel teacher for students starting to build their own practice

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

## MONDAY

0700-0800	<b>Rowing</b>
0900-0945	Adult swim lessons (beg & improver)
0945-1030	Adult swim lessons (improver)
0900-1000	<b>Yoga</b>
0900-1000	<b>Tabata</b>
1000-1100	<b>Body sculpt*</b>
1000-1130	<b>Pickleball</b>
1015-1115	<b>Revolution</b>
1000-1100	<b>Yoga</b>
1100-1200	<b>Aqua mobility</b> ( <i>term time only</i> )
1200-1300	<b>Waterfit</b> ( <i>shallow water</i> )
1800-1845	<b>Total body workout</b>
1900-1945	<b>Adult Swimming lessons</b>
1900-2000	<b>Circuit training</b>
1845-1945	<b>Revolution</b>
2015-2115	<b>Aqua aerobics</b>

## TUESDAY

0915-1015	<b>Total step</b>
1000-1130	<b>Walking football</b>
1100-1200	<b>50+ Keepfit</b>
1845-1945	<b>Functional fitness</b>

## WEDNESDAY

0645-0745	<b>Bootcamp</b>
0915-1000	<b>Pilates</b>
1000-1100	<b>Aqua mobility</b> ( <i>term time only</i> )
0915-1015	<b>Revolution</b>
1030-1115	<b>Gentle revolution</b>
1100-1200	<b>Body fit</b>
1115-1215	<b>Easy does it</b>
1100-1200	<b>Aqua aerobics</b> ( <i>term time only</i> )
1330-1430	<b>Tone &amp; stretch</b>
1530-1700	<b>Progression Yoga</b>
1800-1900	<b>Bums, legs &amp; tums</b>
1800-1900	<b>Yoga</b>
1900-2000	<b>Yoga</b>
1915-2015	<b>Aqua aerobics</b>

## THURSDAY

0930-1030	<b>Bums, legs &amp; tums</b>
1000-1200	<b>Really useful café</b> ( <i>seated exercise</i> )
1330-1430	<b>Seniors table tennis</b>
1345-1515	<b>Line dancing</b>
1800-1900	<b>Circuits</b>
1800-1900	<b>Yoga</b>
1900-2000	<b>Yoga</b>
1900-2000	<b>Developmental Stretch</b>

## FRIDAY

0645-0745	<b>Bootcamp</b>
0900-1000	<b>Total abs</b>
1015-1115	<b>Developmental Stretch</b>
0830-1000	<b>Progression yoga</b>
1015-1115	<b>Revolution</b>
1200-1300	<b>Waterfit</b> ( <i>shallow water</i> )
1500-1630	<b>Pickleball</b>
1700-1745	<b>TRX class</b>
1800-1830	<b>HIIT</b> ( <i>High Intensity Interval Training</i> )
1900-2000	<b>Rowing</b>

## SATURDAY

0900-1000	<b>Circuit training</b>
0915-1000	<b>Pilates</b>
1000-1045	<b>Pilates</b>

## SUNDAY

1000-1130	<b>Walking football</b>
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*\*First session of month is a stretch class.*

***Please note classes do not run on Bank Holidays***

## **GYM opening hours**

0700–2100	Monday	Adult <b>£6.00</b>
0900–2100	Tuesday	Junior (14 to 19yrs) <b>£2.65</b>
0700–2100	Wednesday	
0900–2100	Thursday	<b><i>You will need to book an induction before you can use the gym</i></b>
0700–2030	Friday	
0700–1700	Saturday	
0900–1830	Sunday	

## **JUNIOR GYM**

**14–15yrs can attend at these times ONLY**

1630–1830 Monday to Friday

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## **Memberships**

**All our classes are included in Diamond Class and Diamond PLUS memberships:**

**Diamond Class** membership includes use of exercise classes.

**Diamond PLUS** membership includes swim, gym, classes and court hire plus complimentary tea or coffee.

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

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## **Pay-as-you-go charges**

**All classes are £5, except the following:**

Adult swimming lessons **£9.50**

Progression yoga **£7.00**

Yoga; Pilates **£6.00**

HIIT **£4.00**

Easy does it **£3.60**

Senior table tennis **£2.00**

Really useful café **£3.00**

Adult swim **£5.00**

Child swim **£2.65**

***Fun Hour £3.00***

Adult swim 50+ concession **£3.00**

***– Tuesday only***