



ADULT FITNESS CLASSES



A range of
classes to suit
the whole
community



West Wight
Sports & Community Centre

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Reg. Charity No. 273334



FITNESS CLASS INFORMATION

Water-Based

Adult Swim Lessons Our swimming lessons for adults teach this vital life skill to people of varying abilities. A chance to become competent & confident in your ability in the water.

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

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.

Circuits

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

Circuit Training Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work.

Tabata A HIIT (High Intensity Interval Training) based circuit, targeting each of the muscle groups at different stations.

Total Workout A HIIT (High Intensity Interval Training) based circuit, using a variety of exercises to guarantee a full body workout.

High Intensity

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

Dance Fit A feel good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities.

HIIT High Intensity Interval Training; can burn body fat for up to 48 hours!

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

Row Fit A full body workout, using a combination of rowing machines, kettlebells & dumbbells, to improve cardio & muscular endurance.

Total Abs Focusing on the core muscles of the back, side & 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.

Low Intensity

Advanced Stretch Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch.

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 & hips.

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

Gentle Circuits Created for those who find regular circuits too much, yet not ready for seated classes. There is no floor work, just functional exercises to improve daily living.

Gentle Revolution Indoor cycling, ideal for arthritic & rehabilitation clients. Gentle pace & gentle music.

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

Hatha Yoga Progression 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.

Line Dancing A fun & active exercise class to choreographed routines.

Pilates Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone & everyone. (*Beginners class available on Thursdays*).

Tone & Stretch Designed to increase flexibility & improve posture & balance.

Really Useful Café Social group meeting for games, quizzes, memory exercises and coffee. Gentle exercises to music—chair and standing based. Providing a guest speaker once a month.

50+ Keep Fit Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance. This is a light-hearted fun class!

Sports-Specific

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!

Pickleball A paddle sport that combines elements of badminton, tennis & table tennis.

Table Tennis (Seniors) Whether you're a veteran player or never picked up a bat, come along & join in the fun.

Veterans Football It's never too late to start playing the beautiful game. Whether you're starting out or a veteran of the game, our Veteran's football is a great way to keep fit and enjoy a game of indoor football.

Walking Football A game of football played at a slower pace in the sports hall, where players walk instead of run.

Walking Netball A game of netball played at a slow, friendly pace in the sports hall, where players walk instead of run. A sociable and fun session.

MONDAY

0900-0945	Adult Swim Lessons (beg. & improver)
0945-1030	Adult Swim Lessons (stroke improvement)
0900-1000	Yoga Foundation
0900-1000	Tabata
1000-1100	Body Sculpt <small>(1st session of month is a stretch class)</small>
1000-1200	Pickleball
1000-1100	Yoga Progression
1015-1115	Revolution
1100-1200	Aqua Mobility <small>(term time only)</small>
1200-1300	Aqua Aerobics <small>(shallow water)</small>
1800-1845	Total Workout
1845-1945	Revolution
1900-1945	Adult Swim Lessons <small>(improvers, confident beginners)</small>
1900-2000	Circuit Training
2000-2100	Aqua Aerobics

TUESDAY

0915-1015	Total Step
1000-1130	Veterans Football
1100-1200	50+ Keepfit
1845-1945	Bootcamp

WEDNESDAY

0645-0745	Bootcamp
0915-1000	Pilates
0915-1015	Revolution
1000-1100	Aqua Mobility <small>(term time only)</small>
1030-1115	Gentle Revolution
1100-1200	Body Fit
1100-1200	Aqua Aerobics <small>(term time only)</small>
1115-1215	Easy Does It
1130-1230	Gentle Circuits
1300-1400	Walking Football
1330-1430	Tone & Stretch
1530-1700	Yoga Practitioner
1800-1900	Bums, Legs & Tums
1800-1900	Yoga Foundation
1900-2000	Yoga Progression
1915-2015	Aqua Aerobics

THURSDAY

0930-1030	Bums, Legs & Tums
1000-1200	Really Useful Café <small>(seated exercise)</small>
1030-1130	Dance Fit
1030-1200	Walking Netball
1300-1400	Beginners Pilates
1330-1430	Table Tennis
1345-1515	Line Dancing
1800-1900	Circuit Training
1800-1900	Yoga Foundation
1900-2000	Yoga Progression
1900-2000	Advanced Stretch

FRIDAY

0645-0745	Bootcamp
0830-1000	Yoga Practitioner
0900-1000	Total Abs
1015-1115	Advanced Stretch
1015-1115	Revolution
1130-1230	Gentle Circuits
1200-1300	Aqua Aerobics <small>(shallow water)</small>
1500-1700	Pickleball
1700-1745	TRX Class
1800-1830	HIIT <small>(High Intensity Interval Training)</small>
1900-2000	Row Fit

SATURDAY

0900-1000	Circuit Training
0915-1000	Pilates
1000-1045	Pilates

SUNDAY

1000-1130	Walking Football
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PLEASE NOTE:
Classes do not run on Bank Holidays

Please book & pay for classes in advance at reception or by calling 752168

GYM opening hours

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

JUNIOR GYM

14-15yrs can attend at these times ONLY

1630-1830 Monday to Friday

Memberships

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

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

Diamond Class membership allows participation in any of our fitness classes*.

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

** Really Useful Café is not included in any memberships and must be paid separately.*

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 **£4.00**

Senior table tennis **£2.00**

Really Useful Café **£3.00**

Couch to 5k **FREE**

Adult swim **£5.00**

Child swim **£2.65**

Fun Hour £3.00

Adult swim 50+ concession **£3.00**

- Tuesday only

Please book & pay for classes in advance at reception or by calling 752168.

Cancellations made less than 24 hours prior to the class will still be charged