



**West Wight**  
Sports & Community Centre

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# ADULT FITNESS CLASSES

**29th December 2021-  
3rd January 2022**

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**A range of classes  
to suit the whole  
community**



## 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.

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

### High Intensity

**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.

**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.

### 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.

**Body Sculpt** A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips.

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

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

**Functional Strength** Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises.

**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.

**Mature Movers** Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance. This is a light-hearted fun class!

**Pilates** Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone & everyone.

**Advance Pilates** is a progression class with more advanced exercises.

**Really Useful Café** Social group meeting for quizzes, memory exercises & coffee. Gentle exercises to music—chair and standing based.

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

### Sports-Specific

**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.

## WEDNESDAY 29th DECEMBER

1000-1045 Pilates

1100-1200 Dance Fit

1215-1315 Gentle Circuits

1415-1545 Yoga Practitioner (also ONLINE)



## THURSDAY 30th DECEMBER

1000-1100 Total Step

1415-1515 Yoga (mixed level)



## FRIDAY 31st DECEMBER

1000-1100 Revolution

1015-1115 Yoga (mixed level)



## SATURDAY 1st JANUARY

**CENTRE CLOSED**

## SUNDAY 2nd JANUARY

1000-1130 Veterans Football



## MONDAY 3rd JANUARY

**NO CLASSES  
(BANK HOLIDAY)**

## GYM Opening Hours

Wednesday 29th December	1000-1600
Thursday 30th December	1000-1600
Friday 31st December	1000-1400
Saturday 1st January	Closed
Sunday 2nd January	1000-1600
Monday 3rd January	1000-1600

Adult **£6.00**  
Junior (14 to 19yrs) **£2.65**  
*You will need to book an induction before you can use the gym*

## 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.*

## Pay-as-you-go Charges

All classes are £5, except the following:

Yoga; Pilates **£6.00**  
Yoga Practitioner **£7.00**

Please book & pay for classes and the gym in advance online or by calling 752168.

Indoor classes can be booked up to 8 days in advance and online classes up to 3 days in advance.

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

**West Wight**  
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