



**West Wight**  
Sports & Community Centre

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# ADULT FITNESS CLASSES

**May 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. **Beginners**—non-swimmers or those that are nervous. **Improvers**—comfortable in the water and able to swim 10m unaided.

**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.

**Swimming Fitness** Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping.

### 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.

**Beginners Pilates** For people new to Pilates.

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

**This Girl Can** Aimed at getting you back into exercise, a group exercise class where there's no wrong way to move, just turn up and enjoy.

**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.

## MONDAY

0900-0945	Adult Swim Lessons (beginners)
0900-1000	Swimming Fitness (coach-led)
0900-1000	Yoga Foundation
0900-1000	Revolution
0900-1000	Bootcamp
0945-1030	Adult Swim Lessons (improvers)
1000-1100	Body Sculpt
1000-1200	Pickleball
1015-1115	Yoga Foundation
1100-1200	Aqua Mobility ( <i>term time only</i> )
1130-1230	Yoga Progression
1200-1300	Aqua Aerobics ( <i>shallow water</i> )
1800-1845	Total Workout
1900-1945	Adult Swim Lessons (improvers, confident beginners)
1900-2000	Circuit Training
2000-2100	Aqua Aerobics

## TUESDAY

0900-1000	Yoga—Mixed Level
0900-1000	Total Step
0900-1000	Circuit Training
1000-1130	Veterans Football
1010-1105	Mature Movers
1115-1215	Easy Does It
1810-1840	HIIT ( <i>High Intensity Interval Training</i> )

## WEDNESDAY

0645-0745	Bootcamp
0915-1000	Beginners Pilates
1000-1100	Aqua Mobility ( <i>term time only</i> )
1015-1100	Mat Work Pilates
1100-1200	Aqua Aerobics ( <i>term time only</i> )
1115-1215	Body Fit
1230-1330	Gentle Circuits
1300-1500	Beginners Pickleball ( <i>except 4th May</i> )
1330-1430	Tone & Stretch
1515-1645	Yoga Practitioner (also ONLINE)
1800-1900	Revolution
1900-2000	Aqua Aerobics

## THURSDAY

0915-1015	Total Abs
1100-1200	Dance Fit
1200-1300	Aqua Aerobics ( <i>shallow water</i> )
1215-1300	Pilates
1330-1430	Table Tennis
1500-1600	Functional Strength
1800-1900	Circuit Training
1800-1900	Yoga Foundation
1915-2015	Advanced Stretch

## FRIDAY

0645-0745	Bootcamp
0900-1000	Yoga Foundation
0900-1000	Revolution
1015-1100	Gentle Revolution
1015-1115	Yoga Progression
1015-1130	Advanced Stretch
1130-1230	Gentle Circuits
1200-1300	Aqua Aerobics ( <i>shallow water</i> )
1230-1330	This Girl Can
1500-1700	Pickleball

## SATURDAY

0900-1000	Circuits
0900-1030	Yoga Practitioner (also ONLINE)
0930-1030	Pilates

## SUNDAY

1000-1130	Veterans Football
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### PLEASE NOTE:

Some classes will go outdoors in good weather from May-September.

### 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

Monday	0800-1300 & 1500-2030
Tuesday	0900-1300 & 1500-2030
Wednesday	0700-1300 & 1500-2030
Thursday	0900-1300 & 1500-2030
Friday	0700-1300 & 1500-2030
Saturday	0700-1500
Sunday	0900-1500

Monday 2nd May 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**

Easy Does It **£4.00**

Table Tennis **£2.00**

Adult Swimming Lessons & Swimming Fitness Session **£9.50**

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

Classes can be booked up to 9 days in advance, except online classes which can be booked 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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