



**West Wight**  
Sports & Community Centre

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# ADULT FITNESS CLASSES

**November 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 Barre workout, 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!

**Meditation** A group session to deepen your practice. Suitable for anyone who has some experience of meditating. The benefits of regular meditation are widely acknowledged but it can be hard to make the time for yourself to just do it! These sessions aim to encourage anyone who wishes to take the time for themselves regularly and discover the benefits in daily life.

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

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

**Intermediate Pilates** For those with experience of Pilates.

**Seated Pilates** Suitable for people who have difficulty getting down on the floor and prefer the support of a chair.

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

**Yoga & Meditation** A one hour Vinyasa Flow class, Hatha based; followed by 30 minutes of guided mindfulness meditation. Some Yoga experience necessary, but all levels encouraged as modifications are supplied. Bring a mat, some blocks and a blanket.

### 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) <i>(term time only)</i>
0900-1000	Swimming Fitness (coach-led) <i>(term time only)</i>
0900-1000	Yoga Foundation
0900-1000	Revolution
0900-1000	Bootcamp
0945-1030	Adult Swim Lessons (improvers) <i>(term time only)</i>
1000-1100	Body Sculpt
1000-1200	Pickleball
1000-1100	Aqua Mobility <i>(term time only)</i>
1015-1115	Yoga Foundation
1100-1200	Aqua Aerobics <i>(shallow water) (term time only)</i>
1130-1230	Yoga Progression
1130-1230	Dance Fit
1200-1300	Aqua Aerobics <i>(shallow water)</i>
1700-1745	Meditation
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
1645-1745	Pilates
1800-1900	Swimming Fitness (coach-led)
1810-1840	HIIT <i>(High Intensity Interval Training)</i>

## WEDNESDAY

0645-0745	Bootcamp
0900-1000	Beginners Pilates
1000-1100	Aqua Mobility <i>(term time only)</i>
1000-1100	Intermediate Pilates
1100-1200	Aqua Aerobics <i>(term time only)</i>
1115-1200	Seated Pilates
1230-1330	Gentle Circuits
1330-1430	Tone & Stretch
1515-1645	Yoga Practitioner (also ONLINE)
1800-1900	Revolution
1900-2000	Aqua Aerobics

## THURSDAY

0915-1015	Total Abs
0945-1045	Body Fit
1100-1200	Dance Fit
1145-1245	Pilates
1200-1300	Aqua Aerobics <i>(shallow water)</i>
1330-1430	Table Tennis (Seniors)
1500-1600	Functional Strength
1800-1900	Circuit Training
1800-1900	Yoga Foundation
1900-2015	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>
1500-1700	Pickleball
1700-1830	Yoga Mixed Level & Meditation

## SATURDAY

0900-1000	Circuits
0900-1000	Pilates
1000-1100	Pilates
0900-1030	Yoga Practitioner (also ONLINE)

## SUNDAY

1000-1130	Veterans 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

Monday	0800-1300 & 1500-2030	Adult £7.00
Tuesday	0900-2030	Junior (14 to 19yrs) £4.00
Wednesday	0700-2030	<i>You will need to book an induction before you can use the gym</i>
Thursday	0900-2030	
Friday	0700-1300 & 1500-2030	
Saturday	0700-1500	
Sunday	0900-1500	

## 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 £6, except the following:

Yoga; Pilates £7.00

Yoga Practitioner; Yoga Mixed Level & Meditation £8.00

Easy Does It £4.50

Table Tennis £3.00

Adult Swimming Lessons £11.00

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.

