



**West Wight**  
Sports & Community Centre

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# ADULT FITNESS CLASSES

**29th December 2022  
- 2nd January 2023**

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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.

**Restorative Yoga** A deeply relaxing, muscle tension releasing class aimed at improving mobility and flexibility. Bring a blanket.

**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.

## THURSDAY 29th DECEMBER 2022

0900-1000 Bootcamp

0900-1000 Beginners Pilates

1000-1100 Intermediate Pilates

1030-1130 Revolution

1115-1200 Seated Pilates



## FRIDAY 30th DECEMBER 2022

0900-1000 Yoga (mixed level)

0900-1000 Total Step

1030-1130 Dance Fit

1145-1245 Gentle Circuits



## SATURDAY 31st DECEMBER 2022

0900-1000 Pilates

0900-1030 Yoga Practitioner

1000-1100 Pilates

1300-1400 Meditation



## SUNDAY 1st JANUARY 2023

**CENTRE CLOSED**

## MONDAY 2nd JANUARY 2023

**NO CLASSES  
(BANK HOLIDAY)**



## GYM Opening Hours

Thursday 29th December	0900-1400	Adult <b>£7.00</b>
Friday 30th December	0900-1400	Junior (14 to 19yrs) <b>£4.00</b>
Saturday 31st December	0900-1400	<i>You will need to book an induction before you can use the gym</i>
Sunday 1st January	Closed	
Monday 2nd January	Closed	

## 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.