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# ADULT FITNESS CLASSES

## JULY 2023

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A range of classes to suit the whole community



**West Wight**  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

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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. **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.

**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.

### 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.

**Ballet** Help improve your posture, balance, co-ordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience necessary.

**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.

**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.

**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.

**Yoga Mixed Level** Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied.

### 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.

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

## 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  |
| 1000-1100 | Aqua Mobility <i>(term time only)</i>                        |
| 1000-1130 | Pickleball   |
| 1015-1115 | Yoga Foundation  |
| 1100-1200 | Aqua Aerobics <i>(shallow water)</i> <i>(term time only)</i> |
| 1130-1230 | Yoga Progression   |
| 1130-1230 | Dance Fit  |
| 1200-1300 | Aqua Aerobics <i>(shallow water)</i>                         |
| 1300-1400 | Walking Football   |
| 1315-1415 | Advanced Stretch   |
| 1800-1845 | Total Workout  |
| 1800-1900 | Ballet   |
| 1900-1945 | Adult Swim Lessons (improvers)                               |
| 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  |
| 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—Mixed Level (also ONLINE)        |

## WEDNESDAY

|           |               |
|-----------|---------------|
| 1700-1800 | Dance Fit     |
| 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> |
| 1300-1400 | Table Tennis (Seniors)               |
| 1500-1600 | Functional Strength                  |
| 1600-1700 | Ballet                               |
| 1800-1900 | Circuit Training                     |
| 1800-1900 | Restorative Yoga                     |
| 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> |
| 1530-1700 | Pickleball                           |
| 1700-1830 | Yoga Mixed Level & Meditation        |
| 1730-1830 | Row Fit                              |
| 1900-2000 | Revolution                           |

## SATURDAY

|           |                                |
|-----------|--------------------------------|
| 0900-1000 | Circuits                       |
| 0900-1000 | Pilates                        |
| 1000-1100 | Pilates                        |
| 0900-1030 | Yoga—Mixed Level (also ONLINE) |

## SUNDAY

|           |                   |
|-----------|-------------------|
| 1000-1130 | Veterans Football |
|-----------|-------------------|

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

## 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 Mixed Level (1.5 hrs); 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.

**PLEASE NOTE:** Some classes will go outdoors in good weather from June-September.