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# ADULT FITNESS CLASSES

## NOVEMBER 2023

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A range of classes to suit the whole community



**West Wight**  
Sports & Community Centre

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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.

**Tabata** A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups.

**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.

**Dynamic Yoga** A dynamic fast-paced Vinyasa flow. Progression level suitable for those with some experience.

**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 & every-one.

**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.

**Yoga Nidra** ('Yogic Sleep') Guided form of meditation and practiced lying down, making it an accessible form of meditation for those who may struggle with traditional seated practices.

### 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
1000-1100	Aqua Mobility <i>(term time only)</i>
1000-1130	Pickleball
1015-1115	Yoga Foundation
1100-1200	Aqua Aerobics <i>(shallow water) (term time only)</i>
1130-1230	Yoga Progression
1130-1300	Pickleball
1130-1230	Dance Fit
1200-1300	Aqua Aerobics <i>(shallow water)</i>
1315-1415	Advanced Stretch
1800-1845	Total Workout
1800-1900	Ballet <i>(except 6th Nov.)</i>
1900-1945	Adult Swim Lessons (improvers)
1900-2000	Total Step
2000-2100	Aqua Aerobics

## TUESDAY

0900-1000	Dynamic Yoga
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>
1930-2100	Pickleball

## WEDNESDAY

0645-0745	Bootcamp
0730-0830	Yoga—Mixed Level (GARDEN CANOPY)
0900-1000	Beginners Pilates
1000-1100	Aqua Mobility <i>(term time only)</i>
1000-1100	Intermediate Pilates
1030-1130	Tabata
1100-1200	Aqua Aerobics <i>(term time only)</i>
1115-1200	Seated Pilates
1230-1330	Gentle Circuits

## WEDNESDAY

1330-1430	Tone & Stretch
1515-1645	Yoga—Mixed Level (also ONLINE)
1700-1800	Dance Fit
1730-1830	Yoga—Mixed Level
1800-1900	Revolution
1845-1930	Yoga Nidra
1900-2000	Aqua Aerobics

## THURSDAY

0915-1015	Total Abs
0945-1045	Body Fit
1100-1200	Dance Fit
1145-1245	Pilates
1200-1300	Dance Fit
1200-1300	Aqua Aerobics <i>(shallow water)</i>
1400-1500	Table Tennis (Seniors)
1500-1600	Functional Strength
1600-1700	Ballet <i>(except 2nd &amp; 9th Nov.)</i>
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>
1400-1530	Pickleball
1530-1700	Pickleball
1600-1700	Tap Dance <i>(except 3rd &amp; 10th Nov.)</i>
1700-1830	Yoga Mixed Level & Meditation
1730-1830	Row Fit

## SATURDAY

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

## SUNDAY

1000-1130	Veterans Football
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## 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.

Classes do not run on Bank Holidays.