

ADULT FITNESS CLASSES

1st - 31st JANUARY 2024

A range of classes to suit the whole community



GYM Opening Hours

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

Prices

Adult £7.00
Junior (14 to 19yrs) £4.00
*You will need to book an induction
before you can use the gym*

**PLEASE NOTE, WE ARE
CLOSED ON JANUARY 1ST**

West Wight
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk

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.

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

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.

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.

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.

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	Bootcamp
0900-1000	Revolution
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
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
1545-1645	Intermediate Pilates
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)
0800-0900	Beginners Pilates
0900-1000	Beginners Pilates
1000-1100	Aqua Mobility <i>(term time only)</i>
1000-1100	Intermediate Pilates

WEDNESDAY

1030-1130	Tabata
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)
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
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
1700-1830	Yoga Mixed Level & Meditation

For weekend classes please turn over

SATURDAY

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

SUNDAY

1000-1130	Veterans Football
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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.