

# ADULT FITNESS CLASSES

1st March - 1st April 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

(April 1st price increase in brackets)

Adult £7.00 (£7.50 )  
Junior (14 to 19yrs) £4.00 (£4.25)

*You will need to book an induction before you can use the gym*

Good Friday, 29th March 0900-1500  
Easter Saturday, 30th March 0700-1500  
Easter Sunday, 31st March CLOSED  
Easter Monday, 1st April 0900-1500

**West Wight**  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Reg. Charity No. 273334

Tel: (01983) 752168  
[www.westwight.org.uk](http://www.westwight.org.uk)  
E-mail: [info@westwight.org.uk](mailto:info@westwight.org.uk)



## 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 & 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 (Mixed ability)** A paddle sport that combines elements of badminton, tennis & table tennis.

**Pickleball (Beginners)** For those new to Pickleball who want to gain confidence before joining a mixed ability session.

**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

## MONDAY (except Easter Monday, 1st April)

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 (Mixed ability)
1015-1115	Yoga Foundation
1100-1200	Aqua Aerobics ( <i>shallow water</i> ) ( <i>term time only</i> )
1130-1230	Yoga Progression
1130-1300	Pickleball (Mixed ability)
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 (Mixed ability)

## WEDNESDAY

0645-0745	Bootcamp
0730-0830	Yoga—Mixed Level
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
1500-1600	Pickleball (Beginners)
1600-1700	Ballet
1800-1900	Circuit Training
1800-1900	Restorative Yoga
1900-2015	Advanced Stretch

## FRIDAY (except Good Friday, 29th March)

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 (Mixed ability)
1530-1700	Pickleball (Mixed ability)
1600-1700	Tap Dance
1700-1830	Yoga Mixed Level & Meditation

For weekend classes please turn over

## SATURDAY

0900-1000	Circuits
0900-1000	Pilates (except 30th March)
0900-1030	Yoga—Mixed Level (also ONLINE)
1000-1100	Pilates (except 30th March)

## SUNDAY (except Easter Sunday, 31st March)

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

### PLEASE NOTE:

**Classes do not run on Bank Holidays and we are closed Easter Sunday 31st March.**

## 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 (April 1st price increase in brackets)

All classes are £6 (£6.30), except the following:

Yoga; Pilates **£7.00 (£7.35)**

Yoga Mixed Level (1.5 hrs); Yoga Mixed Level & Meditation **£8.00 (£8.40)**

Easy Does It **£4.50 (£4.75)**

Table Tennis **£3.00 (£3.15)**

Adult Swimming Lessons **£11.00 (£11.55)**

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.