

ADULT FITNESS CLASSES

1st - 31st May 2024

A range of classes to suit the whole community



GYM Opening Hours

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

Prices

Adult £7.50

Junior (14 to 19yrs) £4.25

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

PLEASE NOTE:

Monday 6th and 27th May we are open 0900 -1500

Classes do not run on Bank Holidays.

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

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.

Really Useful Café Get active with some gentle chair based exercises and a chance to meet other people from the local community.

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.

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.

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 of indoor football.

Walking Netball Learn the basic rules of the game and play a friendly, slower paced game.

MONDAY (except 6th and 27th May)

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|-----------|--|
| 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 (Deep water) |

TUESDAY

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|-----------|--|
| 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 |
| 1400-1500 | Walking Netball (starting 28th May) |
| 1545-1645 | Intermediate Pilates |
| 1645-1745 | Pilates |
| 1800-1830 | 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 (Deep Water) |

THURSDAY

| | |
|-----------|--|
| 0915-1015 | Total Abs |
| 0945-1045 | Body Fit |
| 1030-1130 | Really Useful Cafe |
| 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 | Pickleball (Beginners) |
| 1600-1700 | Ballet |
| 1800-1900 | Circuit Training |
| 1800-1900 | Restorative Yoga |
| 1900-2015 | Advanced Stretch |

FRIDAY

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|-----------|--|
| 0645-0745 | Bootcamp |
| 0900-1000 | Yoga Foundation |
| 0900-1000 | Revolution |
| 0900-1015 | Advanced Stretch |
| 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 |

SATURDAY

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

SUNDAY

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|-----------|-------------------|
| 1000-1100 | Veterans Football |
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PLEASE NOTE:

Classes do not run on Bank Holidays.

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 £6.30, except the following:

Yoga; Pilates **£7.35**

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

Easy Does It **£4.75**

Table Tennis **£3.15**

Adult Swimming Lessons **£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.

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