

# ADULT FITNESS CLASSES

## November 2025

A range of classes to suit the whole community



### Pay-as-you-go Charges

All classes are £6.80, except the following:

Yoga; Pilates **£7.90**

Yoga Mixed Level (1.5 hrs) **£9.00**

Yoga Mixed Level & Meditation **£9.00**

Easy Does It **£5.00**

Table Tennis **£3.50**

Really Useful Café **£3.75**

Adult Swimming Lessons **£12.40**

**West Wight**  
Sports & Community Centre

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Reg. Charity No. 273334



## MONDAY

0900-0945 Adult Swim Lessons (beginners)  
(*term time only*)

0900-1000 Swimming Fitness (coach-led)  
(*term time only*)

0900-1000 Yoga Foundation

0900-1000 Bootcamp

0900-1000 Revolution

0945-1030 Adult Swim Lessons (improvers)  
(*term time only*)

1000-1100 Body Sculpt

1000-1045 Gentle Revolution

1000-1100 Aqua Mobility (*term time only*)

1000-1130 Pickleball (Mixed ability)

1015-1115 Yoga Foundation

1100-1200 Aqua Aerobics (*shallow water*)  
(*term time only*)

1130-1230 Yoga Progression

1130-1300 Pickleball (Mixed ability)

1130-1230 Dance Fit

1200-1300 Aqua Aerobics (*shallow water*)

1315-1415 Advanced Stretch

1400-1500 Walking Basketball

1800-1845 Total Workout

1800-1900 Ballet (*except 10th*)

1900-1945 Adult Swim Lessons (improvers)

1900-2000 Total Step

2000-2100 Aqua Aerobics (Deep water)

## 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

1500-1600 Functional Strength

1600-1700 Intermediate Pilates

1700-1800 Fundamental Pilates

1800-1830 HIIT (*High Intensity Interval Training*)

1800-1900 Meditation

1930-2100 Pickleball (Mixed ability)

## WEDNESDAY

0645-0745 Bootcamp

0800-0900 Fundamental Pilates

0900-1000 Fundamental Pilates

1000-1100 Aqua Mobility (*term time only*)

1000-1100 Intermediate Pilates

1030-1130 Tabata

1100-1200 Aqua Aerobics (*term time only*)

1115-1200 Seated Pilates

1230-1330 Gentle Circuits

1330-1430 Tone & Stretch

1515-1645 Yoga—Mixed Level  
(also ONLINE)

1600-1700 Ballet (*except 12th*)

1700-1800 Dance Fit (*except 12th*)

## WEDNESDAY

1730-1830 Yoga—Mixed Level

1800-1900 Revolution

1830-1915 Yoga Nidra

1900-2000 Aqua Aerobics (Deep Water)

1915-2015 Legs, Bums & Tums

## THURSDAY

0915-1015 Total Abs

0945-1045 Body Fit

1030-1130 Really Useful Cafe

1100-1200 Dance Fit

1145-1245 Gentle Pilates

1200-1300 Aqua Aerobics (*shallow water*)

1200-1300 Dance Fit (*except 13th*)

1345-1430 Seated Pilates

1400-1500 Table Tennis (Seniors)

1500-1600 Functional Strength

1645-1745 Boxercise

1800-1900 Circuit Training

1800-1900 Restorative Yoga

1900-2000 Advanced Stretch

1900-2000 Revolution

## FRIDAY

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

1200-1300 Aqua Aerobics (*shallow water*)

1230-1330 Gentle Circuits

1400-1530 Pickleball (Mixed ability)

1530-1700 Pickleball (Mixed ability)

1600-1700 Tap Dance (*except 14th*)

1700-1830 Yoga Mixed Level & Meditation

## SATURDAY

0900-1000 Circuits

0900-1000 Mixed Ability Pilates

0900-1030 Yoga—Mixed Level (also ONLINE)

1000-1100 Mixed Ability Pilates

## SUNDAY

1000-1100 Veterans Football

**Please book & pay for classes 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.**

## 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, coordination 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. 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:**

**Gentle Pilates** A lower intensity class aimed at beginners, older adults and individuals recovering from injuries or with specific health conditions.

**Fundamental Pilates** A mat-based class focusing on improving core strength, posture, balance, and flexibility. Suitable for beginners.

**Intermediate Pilates** Building on knowledge and experience of the fundamentals, intermediate Pilates aims to maintain pace and flow.

**Seated Pilates** Maintaining the core principles of Pilates, seated classes are suitable for people who have difficulty getting down to the floor and/or prefer the support of a chair.

**Mixed Ability Pilates** Aimed at individuals with some Pilates experience, exercises can be progressed, adapted, and/or modified to suit different abilities.

**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

**Boxercise** High-intensity workout combining boxing, cardio and circuits.

**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!

**Legs, Bums & Tums** Lower body workout toning the legs and bum. Working core for strength and endurance. Increasing fitness and energy levels. Cardio warm up followed by weights, mat work and stretching.

**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 Basketball** Modified form of basketball played at walking pace. Suitable for all abilities and fitness levels.