ADULT FITNESS CLASSES

March 2026

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
Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk
Freshwater, Isle of Wight, PO40 9XH
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—Mixed Level *(except 23rd)*
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—Mixed Level *(except 23rd)*
1100-1200	Aqua Aerobics *(shallow water)* *(term time only)*
1130-1300	Pickleball (Mixed ability)
1130-1230	Dance Fit
1200-1300	Aqua Aerobics *(shallow water)*
1315-1415	Advanced Stretch
1800-1845	Total Workout
1800-1900	Ballet *(except 9th)*
1900-1945	Adult Swim Lessons (improvers)
1900-2000	Total Step
2000-2100	Aqua Aerobics (Deep water) *(except 9th)*

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
1230-1330	Functional Strength
1600-1650	Intermediate Pilates
1700-1750	Fundamental Pilates
1800-1830	HIIT *(High Intensity Interval Training)*
1800-1900	Meditation *(except 10th, 17th, 24th)*
1930-2100	Pickleball (Mixed ability)

WEDNESDAY

0645-0745	Bootcamp
0800-0850	Fundamental Pilates
0900-0950	Fundamental Pilates
1000-1100	Aqua Mobility *(term time only)*
1000-1050	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 18th)*
1700-1800	Dance Fit

WEDNESDAY

1730-1830	Yoga—Mixed Level *(except 18th)*
1800-1900	Revolution
1830-1915	Yoga Nidra *(except 18th)*
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
1200-1250	Gentle Pilates
1200-1300	Aqua Aerobics (*shallow water*)
1200-1300	Dance Fit *(except 12th & 19th)*
1400-1445	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—Mixed Level
0900-1000	Revolution
0900-1015	Advanced Stretch *(except 13th & 20th)*
1015-1100	Gentle Revolution
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 13th)*
1700-1830	Yoga Mixed Level & Meditation

SATURDAY

0800-0850	Mixed Ability Pilates
0900-1000	Circuits
0900-0950	Mixed Ability Pilates
0900-1030	Yoga—Mixed Level (also ONLINE)
1000-1050	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, 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. 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.