

## Gentle Movement

**Easy Does It** A chair-based exercise class suitable for anyone of restricted mobility or fitness.

**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.

**Mature Movers** Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance.

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

## Dance

**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.

**Dance Fit** A feel good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities.

**Tap Dance** Learn the basic sounds and steps of tap dance, including steps on the spot and travelling. No tap shoes required.

## Pilates

**Pilates – Seated** 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.

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

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

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

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

## Yoga

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

**Yoga – Foundation** Gentle, beginner-friendly class designed to introduce the core principles of yoga in a supportive and accessible way. The class focuses on building strength, flexibility, balance, and body awareness through foundational postures, breathing techniques, and mindful movement.

**Yoga – Intermediate** Building on knowledge and experience of the foundation level, intermediate yoga aims to maintain pace and flow.

**Yoga – Hatha Mixed Level** Hatha based Yoga class that requires some level of fitness, but all levels are 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.

**Yoga – Restorative** A deeply relaxing, muscle tension releasing class aimed at improving mobility and flexibility. Bring a blanket.

**Yoga – Vinyasa Flow** A Hatha based class in which we flow from one Asana to another. Gently dynamic – improves flexibility, maintains muscle tone and improves balance.

**Meditation** A range of techniques to bring quiet and clarity to the mind, promoting a mentally clear and emotionally calm state.

## Strength & Stretch

**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.

**Body Fit** Whole body workout focusing on improving core strength, posture & flexibility using a combination of Barre workout, stretching & relaxation.

**Body Sculpt** A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips.

**Functional Strength** Focuses on developing strength in multi-joint movement patterns that are used in everyday life.

**Legs, Bums & Tums** Lower body workout toning the legs and bum. Working core for strength and endurance. Increasing fitness and energy levels.

**Tone & Stretch** Designed to increase flexibility & improve posture & balance.

**Total Abs** Focusing on the core muscles of the back, side & abdominals.

## High Energy

**Bootcamp** A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout.

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

**Circuit Training** Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work.

**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 Step** This moderate to high impact session will help strengthen & tone your muscles, burn fat & improve your cardio fitness.

**Total Workout** A HIIT (High Intensity Interval Training) based circuit, using a variety of exercises to guarantee a full body workout.

## 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, 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.

## Social Sports

**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** 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.

# ADULT FITNESS CLASSES JULY 2026



## PAY-AS-YOU-GO CHARGES

ALL CLASSES ARE £7.15, EXCEPT THE FOLLOWING:

YOGA; PILATES £8.30

YOGA 1.5HRS £9.45

EASY DOES IT £5.25

TABLE TENNIS £3.70

REALLY USEFUL CAFÉ £3.95

ADULT SWIMMING LESSONS £13.05

**West Wight**  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Reg. Charity No. 273334

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-09:45 Swim Lessons (Beginners)*	09:00-10:00 Yoga – Vinyasa Flow (Also Online)	06:45-07:45 Bootcamp	09:15-10:15 Total Abs	06:45-07:45 Bootcamp	08:00-08:50 Pilates – Mixed Ability	10:00-11:00 Veterans Football
09:00-10:00 Swimming Fitness*	09:00-10:00 Total Step	08:00-08:50 Pilates – Fundamental	09:45-10:45 Body Fit	09:00-10:00 Yoga – Mixed Level	09:00-09:50 Pilates – Mixed Ability	
09:00-10:00 Yoga – Foundation	09:00-10:00 Circuits	09:00-09:50 Pilates – Fundamental	10:30-11:30 Really Useful Café	09:00-10:00 Revolution	09:00-10:00 Circuits	
09:00-10:00 Bootcamp	10:00-11:30 Veterans Football	10:00-11:00 Aqua Mobility* (Main Pool)	11:00-12:00 Dance Fit	09:00-10:15 Advanced Stretch	09:00-10:30 Yoga – Mixed Level	
09:00-10:00 Revolution	10:10-11:05 Mature Movers	10:00-10:50 Pilates – Intermediate	12:00-12:50 Pilates – Gentle	10:15-11:00 Gentle Revolution	10:00-10:50 Pilates – Mixed Ability	
09:45-10:30 Swim Lessons (Improvers)*	11:15-12:15 Easy Does It	10:30-11:30 Tabata	12:00-13:00 Aqua Aerobics (Shallow)	10:15-11:30 Advanced Stretch		
10:00-10:45 Gentle Revolution	12:30-13:30 Functional Strength	11:00-12:00 Aqua Aerobics* (Shallow)	14:00-14:45 Pilates – Seated	12:00-13:00 Aqua Aerobics (Shallow)		
10:00-11:00 Body Sculpt	16:00-16:50 Pilates – Intermediate	11:15-12:00 Pilates – Seated	14:00-15:00 Table Tennis (Seniors)	12:30-13:30 Gentle Circuits		
10:00-11:00 Aqua Mobility* (Learner Pool)	17:00-17:50 Pilates – Fundamental	11:30-13:00 Pickleball (Beginners)	15:00-16:00 Functional Strength	14:00-15:30 Pickleball (Mixed Ability)		
10:00-11:30 Pickleball (Mixed Ability)	18:00-19:00 HIIT (High Intensity Interval Training)	12:30-13:30 Gentle Circuits	16:45-17:45 Boxercise	15:30-17:00 Pickleball (Mixed Ability)		
10:15-11:15 Yoga – Intermediate	18:00-19:00 Meditation	13:30-14:30 Tone & Stretch	18:00-19:00 Circuits	16:00-17:00 Tap Dance		
11:00-12:00 Aqua Aerobics (Shallow)*	19:30-21:00 Pickleball (Mixed Ability)	15:15-16:45 Yoga – Intermediate (Also Online)	18:00-19:00 Yoga – Restorative	17:00-18:30 Yoga – Dynamic (Advanced)		
11:30-13:00 Pickleball (Mixed Ability)		16:00-17:00 Ballet	19:00-20:00 Advanced Stretch			
11:30-12:30 Dance Fit		17:00-18:00 Dance Fit				
12:00-13:00 Aqua Aerobics (Shallow)		17:30-18:30 Yoga – Mixed Level				
13:15-14:15 Advanced Stretch		18:00-19:00 Revolution				
18:00-18:45 Total Workout		18:30-19:15 Yoga – Nidra				
18:00-19:00 Ballet		19:00-20:00 Aqua Aerobics (Deep)				
19:00-19:45 Swim Lessons (Improvers)		19:15-20:15 Legs, Bums & Tums				
19:00-20:00 Boxercise						

- Gentle Movement ●
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- Pilates ●
- Yoga ●
- Strength & Stretch ●
- High Energy ●
- Water-Based ●
- Social Sports ●

**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.**

**\* Term time only**