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 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 – Yin Mixed Level A slow, meditative-style practice where poses are held for at least two minutes to focus on deep tissue release and stilling the mental chatter.
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 – Seated Gentle and accessible form of yoga practiced primarily while sitting on a chair.
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.
Box Fit High-intensity workout combining boxing, cardio and circuits.
Circuits 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

1st-24th DECEMBER 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
Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk
Reg. Charity No. 273334

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

Gentle Movement

Dance

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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***