

ALL ABOUT OUR FITNESS CLASSES

20/20/20

20 minutes each of cardio, strength training, and abdominal/floor work. An all-round class with the best of all worlds.

ABS & BACK CORE CONDITIONING (30 minute class)

Focus on core (abs and back) strength and stability. Improves posture, spinal strength and flexibility. Excellent core workout

BLT XTRA

Firm and strengthen the legs, thighs, bottom and abdominal muscles. Xtra touch— use glide discs and other equipment.

BODY CONDITIONING

Upper and lower body strength moves to utilise and build core strength. Become a lean, mean body conditioned machine

CARDIO BLAST

Fun and challenging hi/lo impact full body workout. Come along and blast that fat!

CARDIO COMBAT

Non-contact kickboxing inspired workout with cardio and strength training routines.

CROSS TRAIN CHALLENGE

Circuit-based class focussing on strength, endurance, plyometrics, core and functional training. (Max no = 30)

DANCEATOMIC

Fun and action-packed workout—the latest dance tunes and some smoking hot dance moves.

DANCEATOMIC (DROP IT LOW)

Get down with some smoking hot tunes and awesome routines in this low impact version of our amazing DanceAtomic. (Max no = 35)

FOREVER FIT

Especially designed for either beginners or over 50s who want to combine a fresh new social life with a healthier and fitter lifestyle. Max no = 35)

HIIT

High-intensity interval training—a cardio-based class that will dynamically test your strength and endurance. (Max no = 30)

HULA HOOP FITNESS

Hoop yourself slim—burn calories, sculpt your body and blast that belly fat!

KETTLEBELL & CORE

Tone up, improve your cardio, keep lean & drop body fat. Twice the results in half the time.

MAT PILATES

This class will improve your flexibility and relieve back pain as well as improve your core strength. (Max no = 15)

PUNCH!

The name says it all! Punch is a high-energy, fat-shedding, non-contact pad work class using boxing and martial arts principles. Unleash your tiger and strike, punch and upper cut your way to superior fitness. (Max no = 30)

SPINNING

Pedal your way to cardio fitness. No complicated moves, just fantastic music to pedal to and a great group atmosphere.

STEP CIRCUIT CHALLENGE

High-intensity, step-based class to test your strength and endurance, burn fat and promote lean muscle. (Max no = xx)

STEP REEBOK

Exciting step routines for an energetic cardio workout

STREET ATOMIC

If you like DanceAtomic, this is right up your street! Perfect blend of edgy dance moves to street and hiphop tunes in easy to follow format. (Max no = 35)

YOGA

Increase healthy flexibility and learn how to move with fluidity and ease and keep the mind focused on rhythmic breathing.

ZUMBA

Hypnotic Latin rhythms and easy to follow moves—high energy, calorie-blasting workout.

one1card

at the heart of fitness

Booking & general information

- ◆ Booking is advisable for all our classes. Please give 24 hours' notice when cancelling a booked class
- ◆ If you have booked on a busy class, your place may be given to another person if you aren't here before your class is due to start
- ◆ All one-hour classes are £4.60 . The cost for 30 minute classes is £3.10. (From 1 April 2013)
- ◆ Fitness classes are included as part of the One Card. (Terms and conditions apply)
- ◆ All classes are subject to change
- ◆ Instructors may change due to holidays and sickness. Check posters for up-to-date instructor information

- ☑ Please inform the instructor of any injuries or medical conditions which may affect your participation.
- ☑ You should arrive promptly as the warm-up section is vital to the safety of the class. The instructor may refuse admission to participants who arrive after this section is completed.
- ☑ All aerobics classes are suitable for all levels of fitness, but they may vary in complexity. Participants are invited to work at their own level with low-impact alternatives which are incorporated into most of our classes.
- ☑ Finally..... **ABSOLUTELY NO CHEWING GUM!**

The Heights Leisure Centre
Broadway,
Sandown
PO36 9ET

Tel: (01983) 405504
heights.leisure@iow.gov.uk

The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at
www.iowight.com/leisure

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Fitness classes at The Heights

14 October to 31 December 2013



Come along to our autumn/winter classes.
There's plenty of choice - new classes added!

Classes throughout the week



Help improve your physical and mental well-being



Classes for all ages and abilities, from Zumba, spin and Kettlebell to cardio fitness and core conditioning



Included in the Gold One Card



Revised 14Oct2013



THE HEIGHTS FITNESS CLASS PROGRAMME

OCTOBER TO DECEMBER 2013

MONDAY				WEDNESDAY (cont)			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
9.15 to 10.15am	BLT Xtra	2	Julie	6.15 to 7.15pm	Spin Challenge	3	Damo
9.30 to 10.15am	Kettlebell and Core	1	Cara	7 to 8pm	20/20/20	2	Ali
10 to 10.45am	Spin	3	Damo	7.15 to 8pm	Kettlebell and Core	1	Tor/Andy
11.15 to 12.15pm	Zumba	2	Chloe	7.30 to 8.15pm	Spin	3	Karen
1 to 2pm	Matwork Pilates	2	Anna	THURSDAY			
5 to 6pm	DanceAtomic	2	Cara	7.30 to 8.15am	Spin	3	Wendy
5 to 5.45pm	Spin	3	Andy/Wendy	9.15 to 10.15am	Zumba	2	Julie
6 to 6.45pm	Kettlebell and Core	1	Andy/Wendy	9.30 to 10.30am	Body Conditioning	1	Cara
6 to 7pm	Zumba	2	Chloe	9.45 to 10.30am	Spin	3	Lauren
6.15 to 7pm	Spin	3	Claire	5 to 5.50pm	Hula Hoop	1	Julie
6.45 to 7.45pm	Body Conditioning	1	Karen	5 to 5.45pm	Spin	3	Cara
7.15 to 8pm	Spin	3	Claire	6 to 7pm	Step Reebok	2	Julie
7 to 7.45pm	Punch!	1	Damo/Andy	6 to 7pm	20/20/20	1	Cara
8.15 to 9pm	Spin	3	Karen	6.15 to 7pm	Spin	3	Andy
TUESDAY		Studio	Instructor	7 to 8pm	DanceAtomic	2	Chloe
7.30 to 8.15am	Spin	3	Mike	7.15 to 8pm	Kettlebell and Core	1	Andy
9.15 to 10.15am	HIIT	2	Cara	7.15 to 8pm	Spin	3	Damo/Wendy
9.30 to 10.30am	Body Conditioning	1	Karen	8 to 8.45pm	Spin	3	Karen
10 to 10.45am	Spin	3	Jess	FRIDAY			
10.15 to 11.15am	Zumba	2	Julie	7.15 to 8am	Spin	3	Tim
10.30 to 11.15am	Punch!	1	Lyssa	9.15 to 10.15am	20/20/20	1	Karen
11.30 to 12.20pm	Hula Hoop	1	Julie	9.30 to 10.15am	Spin	3	Lauren
5 to 6pm	DanceAtomic (Drop it Low)	2	Cara	9.30 to 10.30am	DanceAtomic (Drop it Low)	2	Cara
5.15 to 6pm	Spin	3	Jake/Julie	11.30 to 12.30pm	Yoga	2	Carol
6 to 7pm	Body Conditioning	1	Karen	5.30 to 6.15pm	Spin	3	Jess
6 to 7pm	HIIT	2	Chloe	6 to 6.30pm	Abs & Back Core Conditioning	2	Julie
6.15 to 7pm	Spin	3	Cara	6.30 to 7.30pm	Spin Challenge	3	Wendy
7 to 8pm	StreetAtomic	2	Karen	6.30 to 7.30pm	Zumba	2	Julie
7.15 to 7.45pm	Kettlebell and Core	1	Dom	6.45 to 7.30pm	Kettlebell and Core	1	Tim
7.15 to 8pm	Spin	3	Wendy/Lauren	7.30 to 8.30pm	Cross Train Challenge	1	Tim
8 to 8.45pm	Punch!	1	Andy	SATURDAY			
WEDNESDAY		Studio	Instructor	9.15 to 10am	Spin	3	Jake
7.15 to 8am	Spin	3	Andy	9.30 to 10.30am	DanceAtomic	2	Cara
9.15 to 10.15am	Cardio Blast	1	Karen	10.15 to 11am	Spin	3	Wendy
9.30 to 10.30am	Zumba	2	Lyssa	10.30 to 11am	Abs & Back Core Conditioning	2	Cara
10 to 10.45am	Spin	3	Andy	11am to 12 noon	Cross Train Challenge	2	Tim
10.20 to 10.50am	Kettlebell and Core	1	Chloe/Lauren	SUNDAY			
10.30 to 11.30am	Forever Fit	2	Susie	9.15 to 10.15am	Spin Challenge	3	Andy
5 to 6pm	StreetAtomic	2	Karen	9.30 to 10.30am	Body Conditioning	2	Cara
5 to 5.45pm	Spin	3	Tim	10.30 to 11.30am	Step Reebok	2	Julie
6 to 7pm	Dance Atomic	2	Cara	10.30 to 11.30am	HIIT	1	Andy
6.15 to 7.15pm	HIIT	1	Karen	10.45 to 11.30am	Spin	3	Cara