

ALL ABOUT OUR FITNESS CLASSES

HIIT

High-intensity interval training—a cardio-based class that will dynamically test your strength and endurance.

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.

MATWORK PILATES

This class will improve your flexibility and relieve back pain as well as improve your core strength.

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.

SPINNING

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

STEP REEBOK

Exciting step routines for an energetic cardio workout

STREETATOMIC

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.

ZUMBA

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

one1card

at the heart of fitness

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!

CROSS TRAIN CHALLENGE

Circuit-based class focussing on strength, endurance, plyometrics, core and functional training.

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.

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.

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
- ◆ Fitness classes are included as part of the One Card. (Terms and conditions apply)
- ◆ Pay-as-you-go prices are shown in the leisure fees leaflet
- ◆ 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) 405594
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

one1card

at the heart of fitness



Fitness classes at The Heights

January to April 2014



**Come along to our fitness 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 12Dec2013



THE HEIGHTS FITNESS CLASS PROGRAMME

MONDAY			
Time	Class	Studio	Instructor
9.15 to 10.15am	BLT Xtra	2	Julie
9.30 to 10.15am	Kettlebell and Core	1	Cara
10 to 10.45am	Spin	3	Damo
11.15 to 12.15pm	Zumba	2	Chloe
1 to 2pm	Matwork Pilates NEW!	2	Anna
5 to 6pm	DanceAtomic	2	Cara
5 to 5.45pm	Spin	3	Andy/Wendy
6 to 6.45pm	Kettlebell and Core	1	Andy/Wendy
6 to 7pm	Zumba	2	Chloe
6.15 to 7pm	Spin	3	Claire
6.45 to 7.45pm	Body Conditioning	1	Karen
7.15 to 8pm	Spin	3	Claire
7 to 7.45pm	Punch! NEW!	1	Chloe/Andy
8.15 to 9pm	Spin	3	Karen
TUESDAY		Studio	Instructor
7.30 to 8.15am	Spin	3	Mike
9.15 to 10.15am	HIIT NEW!	2	Cara
9.30 to 10.30am	Body Conditioning	1	Karen
10 to 10.45am	Spin	3	Jess
10.15 to 11.15am	Zumba	2	Julie
10.30 to 11.15am	Punch! NEW!	1	Lyssa
11.30 to 12.20pm	Hula Hoop	1	Julie
5 to 6pm	DanceAtomic (Drop it Low)	2	Cara
5.15 to 6pm	Spin	3	Jake/Julie
6 to 7pm	Body Conditioning	1	Karen
6 to 7pm	HIIT NEW!	2	Chloe
6.15 to 7pm	Spin	3	Cara
7 to 8pm	StreetAtomic NEW!	2	Karen
7.15 to 7.45pm	Kettlebell and Core	1	Dom
7.15 to 8pm	Spin	3	Wendy
8 to 8.45pm	Punch! NEW!	1	Andy
WEDNESDAY		Studio	Instructor
7.15 to 8am	Spin NEW!	3	Andy
9.15 to 10.15am	Cardio Blast	1	Karen
9.30 to 10.30am	Zumba	2	Lyssa
10 to 10.45am	Spin	3	Andy
10.20 to 10.50am	Kettlebell and Core	1	Chloe
10.30 to 11.30am	Forever Fit NEW!	2	Susie
5 to 6pm	StreetAtomic NEW!	2	Karen
5 to 5.45pm	Spin NEW!	3	Tim
6 to 7pm	DanceAtomic	2	Cara
6.15 to 7.15pm	HIIT NEW!	1	Karen

JANUARY TO APRIL 2014

WEDNESDAY (cont)			
Time	Class	Studio	Instructor
6.15 to 7.15pm	Spin Challenge	3	Damo
7 to 7.45pm	Punch! NEW!	2	Chloe
7.15 to 8pm	Kettlebell and Core	1	Tor/Andy
7.30 to 8.15pm	Spin	3	Karen
THURSDAY		Studio	Instructor
7.30 to 8.15am	Spin	3	Wendy
9.15 to 10.15am	Zumba	2	Julie
9.30 to 10.30am	Body Conditioning	1	Cara
9.45 to 10.30am	Spin	3	Tim
5 to 5.50pm	Hula Hoop	1	Julie
5 to 5.45pm	Spin NEW!	3	Cara
6 to 7pm	Step Reebok	2	Julie
6 to 7pm	20/20/20	1	Cara
6.15 to 7pm	Spin	3	Andy
7 to 8pm	DanceAtomic	2	Chloe
7.15 to 8pm	Kettlebell and Core	1	Andy
7.15 to 8pm	Spin	3	Damo/Wendy
8 to 8.45pm	Spin NEW!	3	Karen
FRIDAY		Studio	Instructor
7.15 to 8am	Spin NEW!	3	Tim
9.15 to 10.15am	20/20/20	1	Karen
9.30 to 10.15am	Spin	3	Tim
9.30 to 10.30am	DanceAtomic (Drop it Low)	2	Cara
5.30 to 6.15pm	Spin NEW!	3	Jess
6 to 6.30pm	Abs & Back Core Conditioning	2	Julie
6.30 to 7.30pm	Spin Challenge	3	Wendy
6.30 to 7.30pm	Zumba	2	Julie
6.45 to 7.45pm	Cross Train Challenge NEW!	1	Tim
SATURDAY		Studio	Instructor
9.15 to 10am	Spin	3	Jake
9.30 to 10.30am	DanceAtomic	2	Cara
10.15 to 11am	Spin NEW!	3	Wendy
10.30 to 11am	Abs & Back Core Conditioning	2	Cara
11am to 12 noon	Cross Train Challenge NEW!	2	Tim
SUNDAY		Studio	Instructor
9.15 to 10.15am	Spin Challenge	3	Andy
9.30 to 10.30am	Body Conditioning	2	Cara
10.30 to 11.30am	Step Reebok	2	Julie
10.30 to 11.30am	HIIT NEW!	1	Andy
10.45 to 11.30am	Spin	3	Cara