

ALL ABOUT OUR FITNESS CLASSES

HATHA YOGA

An holistic class adapted for all abilities. Hatha yoga attempts to balance mind and body, improve flexibility, balance, strength and concentration through asana, pranayama, relaxation and meditation.

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.

POWER YOGA

A strong yoga class with a series of dynamic, flowing asana and

breath work. Power yoga is a series of postures designed to improve strength, stamina, balance and flexibility, matching sequences closely with the breath.

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

ZUMBA

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

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.

ABSOLUTE BEGINNERS

Four week courses for Step Reebok, Hula Hoop and other formats. Ideal introduction to our fitness classes. *Please ask reception staff for more information.*

AERO MAX

An energetic, upbeat, classic choreographed aerobics class that will get your body moving and your heart pumping.

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!

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

Specially designed for beginners or over 50s who want to combine a fresh new social life with a healthier and fitter lifestyle. During this session, you can use the gym (designated times only), the class and the health suite. Plus, enjoy some social time with participants and a free cup of tea or coffee.

Booking & general information

- ◆ Booking is advisable for all our classes. Please give 24 hours' notice when cancelling a booked class
- ◆ Class length includes change-over time for subsequent 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!**



www.facebook.com/iwheights

The Heights Leisure Centre
Broadway, Sandown PO36 9ET

☎ (01983) 405594 ✉ heights.leisure@iow.gov.uk



Find out more at
www.iwight.com/leisure



Fitness classes at The Heights

September to December 2014



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 18 August 2014



**THE HEIGHTS FITNESS CLASS PROGRAMME
SEPTEMBER TO DECEMBER 2014**

MONDAY (* suitable for age 14 and over)			
Time	Class	Studio	Instructor
9.15 to 10.15am	BLT Xtra*	2	Julie
9.30 to 10.15am	Kettlebell and Core	1	Lauren/Tor
10 to 11am	Spin Challenge	3	Damo
10.15 to 11.15am	Forever Fit	2	Julie
11.15 to 12.15pm	Zumba*	2	Chloe
1 to 2pm	Matwork Pilates*	2	Anna
5 to 6pm	DanceAtomic*	2	Mandy
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!	1	Chloe/Andy
8.15 to 9pm	Spin*	3	Karen
TUESDAY (* suitable for age 14 and over)		Studio	Instructor
7.30 to 8.15am	Spin*	3	Mike
9.15 to 9.45am	HIIT (beginners/intermediate)	2	Chloe
9.45 to 10.15am	HIIT (intermediate/advanced)	2	Chloe
9.30 to 10.30am	Body Conditioning	1	Karen
10 to 10.45am	Spin*	3	Jess
10.15 to 11.15am	Zumba*	2	Julie
1 to 2pm	Hatha Yoga	2	Julie C
5 to 6pm	DanceAtomic (Drop it Low)*	2	Chloe
5.15 to 6pm	Spin*	3	Jake/Julie
6 to 7pm	Body Conditioning	1	Karen
6 to 6.30pm	HIIT (beginners/intermediate)	2	Chloe
6.30 to 7pm	HIIT (intermediate/advanced)	2	Chloe
6.15 to 7pm	Spin*	3	Jess
7 to 8pm	20/20/20*	2	Karen
7.15 to 7.45pm	Kettlebell and Core	1	Dom
7.15 to 8pm	Spin*	3	Wendy/Lauren
WEDNESDAY (*suitable for age 14 and over)		Studio	Instructor
7.30 to 8.30am	Hatha Yoga	2	Julie C
9.15 to 10.15am	Cardio Blast*	1	Karen
9.15 to 10am	Spin*	3	Andy
9.30 to 10.30am	Zumba*	2	Lyssa
10.15 to 11am	Spin	3	Jess
10.20 to 10.50am	Kettlebell and Core	1	Chloe
10.30 to 11.30am	Forever Fit	2	Susie
5 to 6pm	20/20/20*	2	Karen
5.15 to 6pm	Spin*	3	Tim
6 to 7pm	DanceAtomic*	2	Yvette

Cardio/tone	Dance	Stretch	Spin	Specialist
WEDNESDAY (cont) (* suitable for age 14 and over)				
Time	Class	Studio	Instructor	
6.15 to 6.45pm	HIIT (beginners/intermediate)	1	Karen	
6.15 to 7.15pm	Spin Challenge	3	Damo	
6.45 to 7.15pm	HIIT (intermediate and advanced)	1	Karen	
7 to 7.45pm	Aero Max	2	Chloe	
7.15 to 8pm	Kettlebell and Core	1	Tor/Andy	
7.30 to 8.15pm	Spin*	3	Karen	
8 to 9pm	Power Yoga	1	Julie C	
THURSDAY (* suitable for age 14 and over)			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	Chloe/Susie	
9.45 to 10.30am	Spin*	3	Lauren	
10.15 to 11.15am	Forever Fit	2	Julie	
5 to 5.50pm	Hula Hoop*	1	Julie	
5 to 5.45pm	Spin*	3	Damo/Andy	
6 to 7pm	Step Reebok*	2	Julie	
6 to 7pm	20/20/20*	1	tba	
6 to 6.45pm	Spin*	3	Andy	
7 to 8pm	DanceAtomic*	2	Chloe	
7.15 to 8pm	Kettlebell and Core	1	Andy	
7 to 7.45pm	Spin*	3	Damo/Wendy	
8 to 8.45pm	Spin*	3	Karen	
FRIDAY (* suitable for age 14 and over)			Studio	Instructor
9.15 to 10.15am	20/20/20*	1	Karen	
9.30 to 10.15am	Spin*	3	Lauren	
9.30 to 10.30am	DanceAtomic (Drop it Low)*	2	Chloe	
10.30 to 11.30am	Power Yoga	1	Julie C	
5 to 6pm	Absolute Beginners course	2		
5.30 to 6.15pm	Spin*	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	
SATURDAY (* suitable for age 14 and over)			Studio	Instructor
9.15 to 10am	Spin*	3	Jake	
9.30 to 10.30am	DanceAtomic*	2	Chloe/Mandy	
10.15 to 11am	Spin*	3	Wendy	
10.30 to 11am	Abs & Back Core Conditioning	2	Chloe/Joe	
SUNDAY (* suitable for age 14 and over)			Studio	Instructor
9.15 to 10.15am	Spin Challenge	3	Andy	
9.30 to 10.30am	Body Conditioning	2	tba	
10.30 to 11.30am	Step Reebok*	2	Julie	
10.30 to 11am	HIIT (beginners/intermediate)	1	Andy	
11 to 11.30am	HIIT (intermediate/advanced)	1	Andy	
10.45 to 11.30am	Spin*	3	Tim/Wendy	