

Fitness classes

CIRCUIT TRAINING

A great way to keep in shape. Exercise all parts of your body through a variety of activities



Tone those wobbly bits

TUMS AND BUMS

Get a flatter stomach, tighter thighs and a pert behind. No sweating, no fancy moves, just pure conditioning



ONLINE BOOKING

Now even easier to book your class @ iwight.com/leisurebookings

Mon 5.30pm to 6.30pm
Intermediate and advanced


Wed 7pm to 8pm
Beginners and intermediate

Fri 7.30pm to 8.30pm
Intermediate and advanced

Mon 7.30pm to 8.30pm

Wed 6pm to 7pm

£ Circuit training £3.60. All other fitness classes £4.40

 Free with a Gold One Card (*Terms and conditions apply*)

More fitness classes

STEP REEBOK

Good for your heart and lungs and tones your bottom, thigh and abdominal muscles

Mon 8.30pm to 9.30pm

Thur 8pm to 9pm

Burn those calories!




ZUMBA

Hypnotic Latin rhythms and easy-to-follow moves create a fitness programme that will blow you away.

Changes to Zumba class times from 7 September

£ Circuit training £3.60
All other fitness classes cost £4.40

 Free with a Gold One Card (*Terms and conditions apply*)

Mon 5.30 to 6.30pm & 6.30 to 7.30pm

Tues 8pm to 9pm

Wed 10am to 11am

Fri 5.30 to 6.30pm & 6.30 to 7.30pm

Sun 10am to 11am

Medina Leisure Centre
Fairlee Road, Newport, PO30 2DX
Tel: (01983) 523767
Fax: (01983) 530693
medina.leisure@iow.gov.uk

one card
at the heart of fitness

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.iwight.com/leisure



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