

# Fitness classes - Spring 2011

| Day       | Time               | Class                                       | Venue                    |
|-----------|--------------------|---|--------------------------|
| Monday    | 9 to 9.45am        | Water workout (50 plus)                     | The Heights (small pool) |
|           | 9.15 to 10.15am    | BLT Xtra                                    | The Heights              |
|           | 10 to 11am         | Water workout                               | The Heights (small pool) |
|           | 11.15am to 12.15pm | HiLo Aerobics                               | The Heights              |
|           | 12.15 to 1pm       | Stretch and Relax                           | The Heights              |
|           | 3.30 to 4.30pm     | Over 50s Swimming                           | Medina Leisure Centre    |
|           | 6 to 7pm           | Zumba                                       | The Heights              |
|           | 6 to 7pm           | Zumba                                       | Medina Leisure Centre    |
|           | 6 to 7pm           | Circuit training (intermediate & advanced)  | Medina Leisure Centre    |
|           | 7 to 8pm           | Bodysculpt                                  | The Heights              |
|           | 7 to 8pm           | Tums & Bums                                 | Medina Leisure Centre    |
|           | 7 to 8pm           | Water workout                               | Medina Leisure Centre    |
|           | 8 to 9pm           | Step Reebok                                 | Medina Leisure Centre    |
|           | 8.15 to 9.15pm     | Water workout                               | The Heights (small pool) |
| Tuesday   | 8.30 to 9.15am     | Water workout (50 plus)                     | The Heights (small pool) |
|           | 9am to 1pm         | Over 50s Tone Zone gym                      | Medina Leisure Centre    |
|           | 9.15 to 10.15am    | Bodysculpt                                  | The Heights              |
|           | 9 to 11.30am       | Over 50s sports hall activities             | Medina Leisure Centre    |
|           | 9.30 to 10.30am    | Water workout                               | The Heights (small pool) |
|           | 10 to 11am         | Zumba                                       | Medina Leisure Centre    |
|           | 10.15 to 11.15am   | Martial Combat                              | The Heights              |
|           | 10.15 to 11.30am   | Over 50s swimming                           | Medina Leisure Centre    |
|           | 11.15 to 12.15pm   | Zumba                                       | The Heights              |
|           | 6 to 7pm           | Bodysculpt                                  | The Heights              |
|           | 6 to 8.30pm        | Ladies only gym                             | The Heights              |
|           | 7 to 8pm           | Dance Zone                                  | The Heights              |
|           | 8 to 8.30pm        | Abs and back core conditioning              | The Heights              |
|           | 8 to 9pm           | Zumba                                       | Medina Leisure Centre    |
| Wednesday | 9.15 to 10.15am    | Back to Basics                              | The Heights              |
|           | 10 to 11am         | Aqua-Natal                                  | The Heights (both pools) |
|           | 10.15 to 11.15am   | 20/20/20 Aerobics                           | The Heights              |
|           | 11 to 11.45am      | 50 plus Water workout                       | The Heights (small pool) |
|           | 6 to 6.30pm        | Abs and back core conditioning              | The Heights              |
|           | 6 to 7pm           | Tums & Bums                                 | Medina Leisure Centre    |
|           | 6.30 to 7.30pm     | Martial combat                              | The Heights              |
|           | 7 to 8pm           | Circuit training (beginners & intermediate) | Medina Leisure Centre    |
|           | 7 to 8pm           | Water workout                               | Medina Leisure Centre    |
|           | 7.30 to 8.30pm     | Dance Zone                                  | The Heights              |
| 8 to 9pm  | Water workout      | The Heights (main pool)                     |                          |

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| Thursday | 9am to 1pm         | Over 50s Tone Zone gym                     | Medina Leisure Centre    |
|          | 9am to 11.30am     | Over 50s sports hall activities            | Medina Leisure Centre    |
|          | 9.15 to 10.15am    | Bodysculpt                                 | The Heights              |
|          | 9.15 to 10.15am    | Over 50s Water workout (wave workout)      | Medina Leisure Centre    |
|          | 10.15 to 11.30am   | Over 50s swimming                          | Medina Leisure Centre    |
|          | 11.15am to 12.15pm | Zumba                                      | The Heights              |
|          | 12.15 to 1pm       | BLT  | The Heights              |
|          | 1 to 2pm           | Water workout (term-time only)             | The Heights              |
|          | 6 to 7pm           | Step Reebok                                | The Heights              |
|          | 7 to 8pm           | Water workout                              | Medina Leisure Centre    |
|          | 7 to 8pm           | 20/20/20 Aerobics                          | The Heights              |
| 8 to 9pm | Step Reebok        | Medina Leisure Centre                      |                          |
| Friday   | 9.15 to 10.15am    | 20/20/20 Aerobics                          | The Heights              |
|          | 10 to 11am         | Water workout                              | The Heights (small pool) |
|          | 12.15 to 1pm       | Zumba                                      | The Heights              |
|          | 3.30 to 4.30pm     | Over 50s Water workout                     | Medina Leisure Centre    |
|          | 6 to 6.30pm        | Abs and back core conditioning             | The Heights              |
|          | 6 to 7pm           | Zumba                                      | Medina Leisure Centre    |
|          | 6.30 to 7.30pm     | Zumba                                      | The Heights              |
|          | 7 to 8pm           | Circuit training (intermediate & advanced) | Medina Leisure Centre    |
| 8 to 9pm | Water workout      | The Heights (main pool)                    |                          |
| Saturday | 10 to 11am         | Zumba                                      | Medina Leisure Centre    |
| Sunday   | 9.30 to 10.30am    | Bodysculpt                                 | The Heights              |
|          | 10 to 11am         | Zumba                                      | Medina Leisure Centre    |
|          | 10am to 1pm        | Over 50s badminton                         | Medina Leisure Centre    |
|          | 10.30 to 11.30am   | Step Reebok                                | The Heights              |

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| <p><b>The Heights Leisure Centre</b><br/>Broadway, Sandown, PO36 9ET<br/>Tel: (01983) 405594<br/>Fax: (01983) 405037<br/>heights.leisure@iow.gov.uk</p> | <p><b>Medina Leisure Centre</b><br/>Fairlee Road, Newport, PO30 2DX<br/>Tel: (01983) 523767<br/>Fax: (01983) 530693<br/>medina.leisure@iow.gov.uk</p> |  <p><b>one   card</b><br/>at the heart of fitness</p> <p>The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council.</p> <p>There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.<br/>Find out more at <a href="http://www.iwight.com/leisure">www.iwight.com/leisure</a></p> |
| <p><b>Waterside Pool</b><br/>Esplanade, Ryde, PO33 1JA<br/>Tel: 01983 563656<br/>Fax: 01983 566122<br/>waterside.pool@iow.gov.uk</p>                    | <p><b>Westridge Squash and Tone Zone Gym</b><br/>Brading Road, Ryde, PO33 1QS<br/>Tel: (01983) 566243<br/>westridge@iow.gov.uk</p>                    |  |

