

Class information

20/20/20 Aerobics

A full body workout of aerobics, body-sculpt and floor work No time to get bored in this class!

Abs and Back Core Conditioning

Target your torso! Flatten, tone and re-shape your abs. Strengthen core muscles and stabilize your spine.

Back to Basics

A fantastic workout with easy to follow aerobic routines and toning exercises. Ideal for the complete beginner.

BLT Xtra

The complete body workout. This class combines fat burning and toning exercises in an easy to follow format.

Bodysculpt

This strengthening and toning class combined with core stabilization exercises will help you shift excess body fat and decrease unwanted inches.

Dance Zone

If you like Zumba, you'll enjoy this. Mini-routines to hiphop, streetdance, pop, jazz and disco

Fat Loss Bootcamp

This is a diet and exercise programme for people who are serious about melting their fat. You've got to be committed

Fitness Pilates

Fed up with backache and want to tone up and get more flexible? This class will help you to a healthier back and better posture

HiLo Aerobics

The most fun you'll ever have in an aerobics class while burning a serious amount of calories. This class challenges coordination as well as fitness.

Martial Combat

An empowering cardio workout inspired by the world of martial arts. Includes a pad work section

Step Reebok

An energetic cardiovascular workout with exciting step combinations offering layer upon layer of intensity to work up a sweat you'll never forget.

Stretch and Relax

Feeling exhausted and tired, stiff and achy muscles? Then this class is for you! Lengthen and stretch those muscles

Zumba

Hypnotic Latin rhythms and easy-to-follow moves. Need we say more?



FITNESS CLASSES

at

The Heights Leisure Centre

Summer 2010

How to get in touch

The Heights Leisure Centre
The Broadway
Sandown
Isle of Wight
PO36 9ET

☎ (01983) 405594

✉ heights.leisure@iow.gov.uk

www.iwight.com/leisure

Come along and
try it out!

Get active - Keep fit - Have fun!

Class timetable

Day	Time	Class	Instructor	Creche
Monday	8 to 9am	Fitness Pilates (6 week course)*	Lewis	No
	9.15 to 10.15am	BLT Xtra	Julie	Yes
	11.15 to 12.15	HiLo Aerobics	Lewis	Yes
	12.15 to 1pm	Stretch and Relax	Lewis	Yes
	6 to 7pm	Zumba Fitness	Lyssa	No
	7 to 8pm	Bodysculpt	Karen	No
Tuesday	9.15 to 10.15am	Bodysculpt	Karen	Yes
	10.15 to 11.15	Martial Combat	Karen	Yes
	11.15 to 12.15	Zumba Fitness	Julie	Yes
	6 to 7pm	Bodysculpt	Lewis	No
	7 to 8pm	Dance Zone	Karen	No
	8 to 8.30pm	Abs & back core conditioning	Karen	No
Wednesday	9.15 to 10.15am	Back to Basics	Karen	Yes
	10.15 to 11.15	20/20/20 Aerobics	Karen	Yes
	6 to 6.30pm	Abs & back core conditioning	Lyssa	No
	6.30 to 7.30pm	Martial Combat	Lyssa	No
	7.30 to 8.30pm	Zumba Fitness	Lewis	No

Day	Time	Class	Instructor	Creche
Thursday	9.15 to 10.15am	Bodysculpt	Susie	Yes
	11.15 to 12.15pm	Zumba Fitness	Yvette	Yes
	12.15 to 1pm	Stretch & Relax	Yvette	Yes
	6 to 7pm	Step Reebok	Julie	No
	7 to 8pm	20/20/20 Aerobics	Tiff	No
	8 to 9pm	Fitness Pilates (6 week course)*	Lewis	No
Friday	9.15 to 10.15am	20/20/20 Aerobics	Susie	Yes
	12.15 to 1.15pm	Zumba Fitness	Lyssa	Yes
	6 to 6.30pm	Abs & back core conditioning	Julie	No
	6.30 to 7.30pm	Zumba Fitness	Julie	No
Sunday	9.30 to 10.30am	Bodysculpt	Debbie	No
	10.30 to 11.30am	Step Reebok	Julie	No

Booking information

Booking is advisable for all our classes. Please give 24 hours' notice when cancelling a booked class

Cost

All one-hour classes are £4.30 (excluding Fitness Pilates and Fat-Loss Bootcamp). The cost for 30 minute classes is £2.80. Fitness classes are included as part of the One Card (excludes Fitness Pilates and Fat-Loss Bootcamp).

Special courses*

Fitness Pilates is a six-week course. Ask our reception staff for course dates. The cost is £33 for casual customers or £16.50 for Gold One Card holders (Direct Debit or annual payment only).

PLEASE NOTE THAT ALL OUR CLASSES ARE SUBJECT TO CHANGE

General class information

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.

If you have booked on a busy class, your place may be given to another person if you are more than five minutes late.

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.

Please inform the instructor of any injuries or medical conditions which may affect your participation.

For your own safety, correct footwear must be worn in all classes. Please put all bags, coats, etc in a locker to reduce the change of any health and safety issues.

Finally

ABSOLUTELY NO CHEWING GUM!

