

# 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.

## Bodysculpt

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

## Cardio Blast

A fun class with a mixture of aerobic and easy dance moves to give you a great workout plus some toning floor exercises to finish the class with to give you an all-over workout.



## Cardio Combat

A comprehensive high-energy workout that exercises and tones all the major muscle groups. If you're ready to get serious about getting into shape, losing extra pounds or toning your body, Cardio Combat is for you!

## Dance Zone

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

## Get Up and Go

An action-packed class with a huge variety of formats, including aerobics, Zumba, Bodysculpt, Hooping and Pilates-type conditioning. Ideal for beginner to intermediate levels.

## 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.

## Zumba

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

Come along  
and try it out!

## Fitness classes at The Heights Leisure Centre

# Winter 2012



- Burn calories
- Keep your body healthy
- Tone those wobbly bits
- Booking essential

Get active  
Keep fit  
Have fun!

The Heights Leisure Centre  
Broadway, Sandown, PO36 9ET  
Tel: (01983) 405594  
Fax: (01983) 405037  
heights.leisure@iow.gov.uk

**one1card**  
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](http://www.iwight.com/leisure)

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# Class timetable

Day	Time	Class	Instructor
Monday	9.15 to 10.15am	BLT	Julie
	11.15 to 12.15pm	20/20/20	Cara
	5 to 6pm	Zumba fitness	Cara
	6 to 7pm	Zumba Fitness	Julie
	7 to 8pm	Bodysculpt	Karen
Tuesday	9.15 to 10.15am	Bodysculpt	Karen
	10.15 to 11.15	Cardio Combat	Karen
	11.15 to 12.15pm	Zumba Fitness	Julie
	12.15 to 1pm	Get Up and Go <b>NEW CLASS</b>	Julie
	6 to 7pm	Bodysculpt	Karen
	7 to 8pm	Dance Zone	Karen
	8 to 8.30pm	Abs & back core conditioning	Karen
Wednesday	9.15 to 10.15am	Cardio Blast	Karen
	10.15 to 11.15	20/20/20 Aerobics	Karen
	12.15 to 1.15pm	Zumba Fitness <b>NEW</b>	Lyssa
	6 to 6.30pm	Abs & back core conditioning	Karen
	6.30 to 7.30pm	Cardio Combat	Karen
	7.30 to 8.30pm	Zumba Fitness	Yvette

Day	Time	Class	Instructor
Thursday	9.15 to 10.15am	Bodysculpt	Susie
	11.15 to 12.15pm	Zumba Fitness	Julie
	12.15 to 1pm	Get Up and Go <b>NEW CLASS</b>	Julie
	6 to 7pm	Step Reebok	Julie
	7 to 8pm	20/20/20 Aerobics	Yvette
Friday	9.15 to 10.15am	20/20/20 Aerobics	Karen
	12.15 to 1.15pm	Zumba Fitness	Cara
	6 to 6.30pm	Abs & back core conditioning	Julie
	6.30 to 7.30pm	Zumba Fitness	Julie
Saturday	9.30 to 10.30am	Zumba Fitness	Yvette
Sunday	9.30 to 10.30am	Bodysculpt	Cara
	10.30 to 11.30am	Step Reebok	Julie

## Booking 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
-  All one-hour classes are £4.40. The cost for 30 minute classes is £2.90.
-  Fitness classes are included as part of the One Card
-  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.

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

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.

For your own safety, correct footwear must be worn in all classes.

Please put all bags, coats, etc in a locker to reduce the chance of any health and safety issues.

Finally..... **ABSOLUTELY NO CHEWING GUM!**