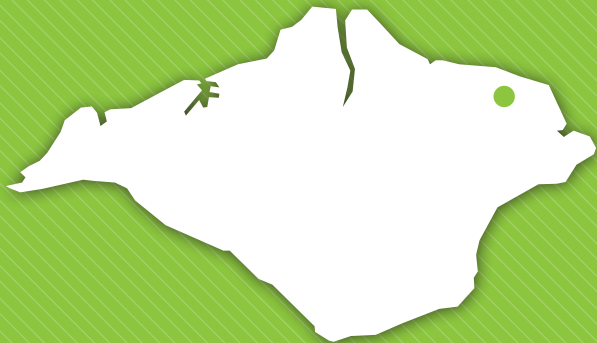


# Westridge Squash & Tone Zone Gym



There are seven squash courts, including two glass-backed, plus state-of-the-art Tone Zone gym, with 16 stations, including uprights, bikes, rowers & treadmills.

Tone Zone gym



Personalised training plans



Friendly, personal advice



Bookable squash courts



# Westridge Squash & Tone Zone Gym

## When is it open?

- Monday 9am to 10pm  
*Squash only from 9pm to 10pm*
- Tuesday & Thursday 7am to 9pm  
*Tone Zone gym from 7am*  
*First squash court at 9.20am*
- Wednesday & Friday 9am to 9pm
- Saturday 9am to 1pm
- Sunday closed

The centre is closed for certain days between Christmas and New Year, please phone for details.

## Is there parking?

There is a free public car park.

## Which bus will get me there?

Routes 2, 3, and 8 stop at Tesco.

## Tell me more about Westridge

There are seven squash courts here, including two glass-backed, plus state-of-the-art Tone Zone gym, with 16 stations, including uprights, bikes, rowers and treadmills.

## Facilities

- Squash
- Racquet ball
- Table tennis
- Tone Zone gym
- Junior Gym

## Contact

Westridge Squash and  
Tone Zone Gym  
Westridge Centre  
(next to Tesco),  
Brading Road,  
Ryde, PO331QS

Tel: (01983) 566243

[westridge@iow.gov.uk](mailto:westridge@iow.gov.uk)

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