# ALL ABOUT OUR CLASSES

**20/20/20**
Twenty minutes each of cardio, strength training and abdominal/ floor work. An all-round class with the best of all worlds!

**30 minute Abs**
Blast those abs and focus on your core strength and stability. Improves posture, spinal strength and flexibility.

**Aero Max**
An energetic, upbeat, classic choreographed aerobics class that will get your body moving and your heart pumping.

**BLT Xtra**
Firm and strengthen your legs, thighs, bottom and abdominal muscles. Xtra touch – uses glide discs and other equipment.

**Body Conditioning**
Upper and lower body strength moves will utilise and build core strength. Become a lean, mean body conditioned machine!

**DanceAtomic**
A fun and action-packed workout with the latest dance tunes and some smoking hot dance moves!

**Forever Fit**
A class designed especially for either beginners or those over 50 who want to combine a fitter lifestyle with a fresh, new social life.

**Hatha Yoga**
An holistic class adapted for all abilities. Hatha yoga attempts to balance mind and body, improve flexibility, balance, strength and concentration through asana, pranayama, relaxation and meditation.

**Hula Hoop Fitness**

Hoop yourself slim – burn calories, sculpt your body and blast that belly fat!

**Kettlebell**
A strength, endurance and cardio class using kettlebell weights. Work every muscle in your body, improve fitness and burn lots of calories.

**Power Yoga**
A strong yoga class with dynamic, flowing asana and breath work. Power yoga is a series of postures designed to improve strength, stamina, balance and flexibility, matching sequences closely with the breath.

**Cyclone**

Cyclone is our new name for our indoor cycling classes

Pedal your way to cardio fitness! No complicated moves, just fantastic music to pedal to and a great group atmosphere.

**Step Reebok**
One of the purest forms of toning using step and weights to exercise the entire body.

**Water Wellness/Aqua Natal**
An ideal class to help you get more mobile if you have mobility problems. The gentle exercise will help release tense muscles around joints. The water will cushion you to help heal and strengthen your body. The gentle movement is also ideal for pre and post-pregnancy.

**Water Workout**
Water Workout classes are a fun 'total body workout' using the resistance of the water to burn fat and tone the body, with less stress on the joints.

**Zumba**
This fun cardio dance class combines both fast and slow rhythms along with motivating Latin and world music, with combinations that will make you feel like you are partying on the dance floor. Easy to follow, and something everyone can do – Zumba is the best way to dance away your worries. We promise exercise has never been so much fun!

## GENERAL INFORMATION

Please inform the instructor of any injuries or medical conditions which may affect your participation.
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.
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 make sure you are wearing appropriate footwear and attire.
Finally: Absolutely no chewing gum!

1leisure
have fun, get fit, **stay fit**

*The Heights*

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# BOOKING

- Booking is advisable for all our classes. Please give 24 hours' notice when cancelling a booked class.
- Class length includes change-over time for subsequent 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.
- Fitness classes are included as part of the One Card. (Terms and conditions apply).
- Pay-as-you-go prices shown in leisure fees leaflet.
- All classes are subject to change.
- Instructors may change due to holidays and sickness.

**Tel: 01983 823880**
**www.iwight.com/oneleisure**

**The Heights**
The Broadway, Sandown, PO36 9ET
Email: heights.leisure@iow.gov.uk

Find us on Facebook /iwheights

**Pick up a leisure fees booklet for all activity prices**

**One Leisure supports**
My life a full life

one1card
have fun, get fit, **stay fit**

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/oneleisure**

# FITNESS CLASSES AT THE HEIGHTS

1leisure
have fun, get fit, **stay fit**

*The Heights*

**September to December 2015**

**OVER 70 CLASSES THROUGHOUT THE WEEK**

**HELP IMPROVE YOUR PHYSICAL AND MENTAL WELL-BEING**

**CLASSES FOR ALL AGES AND ABILITIES, FROM ZUMBA, CYCLONE AND KETTLEBELL TO YOGA AND BODY CONDITIONING**

**INCLUDED IN THE GOLD ONE CARD**

**WWW.IWIGHT.COM/ONELEISURE**

ISLE of WIGHT COUNCIL

# THE HEIGHTS FITNESS CLASS PROGRAMME

FITNESS CLASS PROGRAMME 1 SEPTEMBER TO 31 DECEMBER 2015

| MONDAY | | | |
|---|---|---|---|
| **Time** | **Class** | **Studio** | **Instructor** |
| 9.30 to 10.30am | BLT Xtra* | 1 | Julie |
| 9.30 to 10.30am | DanceAtomic | 2 | Chloe |
| 9.45 to 10.30am | Cyclone* | 3 | Damo |
| 10 to 11am | Water Workout | Small pool | Tina |
| 10.30 to 11.30am | Forever Fit | 2 | Julie |
| 11am to 12noon | Water Workout | Main pool | Tina |
| 5 to 6pm | DanceAtomic* | 2 | Cara |
| 5.15 to 6pm | Cyclone* | 3 | Andy/Wendy |
| 6 to 7pm | Body Conditioning | 1 | Karen |
| 6 to 7pm | Zumba* | 2 | Chloe |
| 6.15 to 7pm | Cyclone* | 3 | Claire |
| 6.30 to 7.30pm | Water Workout | Main pool | Holly |
| 7 to 7.30pm | Kettlebell | 1 | Andy/Wendy |
| 7.15 to 8pm | Cyclone* | 3 | Karen |
| **TUESDAY** | | | |
| 9.30 to 10.30am | Body Conditioning | 1 | Karen |
| 9.30 to 10.30am | Zumba* | 2 | Julie |
| 9.45 to 10.30am | Cyclone* | 3 | Jess |
| 11am to 12noon | Water Workout | Main pool | Holly |
| 1 to 2.15pm | Hatha Yoga | 2 | Julie C |
| 5 to 6pm | DanceAtomic* | 2 | Cara |
| 5.15 to 6pm | Cyclone* | 3 | Jake/Julie |
| 6 to 7pm | Body Conditioning | 1 | Karen |
| 6 to 7pm | Zumba* | 2 | Chloe |
| 6.15 to 7pm | Cyclone* | 3 | Cara |
| 6.30 to 7.30pm | Water Wellness/Aqua Natal | Main pool | Zippy |
| 7 to 8pm | 20/20/20 | 2 | Karen |
| 7.15 to 8pm | Cyclone* | 3 | Wendy |
| **WEDNESDAY** | | | |
| 9.30 to 10.30am | Body Conditioning | 1 | Karen |
| 9.30 to 10.30am | Zumba* | 2 | Lyssa |
| 9.45 to 10.30am | Cyclone* | 3 | Andy |
| 10 to 11am | Water Workout | Small pool | Tina |
| 10.30 to 11am | Kettlebell | 1 | Chloe |
| 10.30 to 11.30am | Forever Fit | 2 | Susie |
| 11am to 12noon | Water Workout | Main pool | Tina |
| 5.15 to 6pm | Cyclone* | 3 | Karen |
| 5.30 to 6pm | Kettlebell | 1 | Mike |
| 6 to 7pm | DanceAtomic* | 2 | Cara |
| 6.15 to 7pm | Cyclone* | 3 | Mike |
| 6.15 to 7.15pm | 20/20/20* | 1 | Karen |
| 6.30 to 7.30pm | Water Workout | Main pool | Holly/Zippy |
| 7 to 8pm | Aero Max | 2 | Chloe |
| 7.15 to 8.30pm | Power Yoga | 1 | Julie C |
| 7.30 to 8.15pm | Cyclone* | 3 | Karen |

*suitable for age 14 and over

| THURSDAY | | | |
|---|---|---|---|
| **Time** | **Class** | **Studio** | **Instructor** |
| 7.30 to 8.15am | Cyclone* | 3 | Wendy |
| 9.30 to 10.30am | Body Conditioning | 1 | Cara |
| 9.30 to 10.30am | Zumba* | 2 | Julie |
| 9.45 to 10.30am | Cyclone* | 3 | Tim |
| 10.30 to 11.30am | Forever Fit | 2 | Julie |
| 11am to 12noon | Water Workout | Main pool | Cara |
| 5 to 5.45pm** | Hula Hoop Fitness | 1 | Julie |
| 5 to 5.45pm | Cyclone* | 3 | Cara |
| 6 to 7pm | Step Reebok* | 2 | Julie |
| 6 to 7pm | 20/20/20* | 1 | Cara |
| 6 to 6.45pm | Cyclone* | 3 | Andy |
| 7 to 8pm | DanceAtomic* | 2 | Chloe |
| 7 to 7.45pm | Cyclone* | 3 | Karen |
| **FRIDAY** | | | |
| 9.30 to 10.30am | 20/20/20* | 1 | Karen |
| 9.30 to 10.30am | DanceAtomic* | 2 | Cara |
| 9.45 to 10.30am | Cyclone* | 3 | Tim |
| 10 to 11am | Water Workout | Small pool | Julie |
| 10.30 to 11.45am | Power Yoga | 1 | Julie C |
| 10.30 to 11.30am | Forever Fit | 2 | Susie |
| 11am to 12noon | Water Workout | Main pool | Julie |
| 5.30 to 6.15pm | Cyclone* | 3 | Jess |
| 6 to 7pm | Zumba* | 2 | Julie |
| 6.30 to 7.30pm | Water Workout | Main pool | Jess |
| 6.30 to 7.15pm | Cyclone* | 3 | Wendy |
| **SATURDAY** | | | |
| 9:15 to 10am | Cyclone* | 3 | Jake |
| 9:30 to 10:30am | DanceAtomic* | 2 | Cara |
| 10:15 to 11am | Cyclone* | 3 | Wendy |
| 10:30 to 11am | 30 minute Abs | 2 | Cara |
| **SUNDAY** | | | |
| 9:30 to 10:30am | Body Conditioning | 2 | Cara |
| 9:30 to 10:15am | Cyclone* | 3 | Andy |
| 10:30 to 11:30am | Step Reebok* | 2 | Julie |
| 10:45 to 11:30am | Cyclone* | 3 | Cara |

**from Thursday 24 September

## KEY TO ACTIVITY TYPE

| Cardio/Tone class | Dance class | Specialist class | Indoor cycling class | Water Workout class |
|---|---|---|---|---|