

Activities for the over 50s

At Medina Leisure Centre &
NOW AT Rew Valley Sports Centre

If you stay physically active, you're also likely to stay independent longer. Exercise can make you stronger and you'll feel more confident. It's never too late so join in our friendly groups and start getting active!

WHAT ACTIVITIES CAN I DO?

Choose from badminton, table tennis, short mat bowls, short tennis and tennis (seasonal). Plus Tone Zone gym sessions, water workout and swimming.



Further information



Cost £4
Water workout £3.15



Free with a Gold One Card
Terms and conditions apply

IMPORTANT

Changes to timetable from
7 September 2011

Activity	Monday	Tuesday	Thursday	Friday	Sunday
Swimming and sauna	3.30 to 4.30pm	10.15 to 11.15am	10.15 to 11.30am	3.30 to 4.30pm	-
Water workout	-	-	9.15 to 10.15am	3.30 to 4.30pm	-
Badminton (* takes place at Rew Valley Sports Centre, Ventnor)	-	9.30am to 12 noon*	9.30am to 12 noon*	-	10am to 1pm
Tone Zone gym	-	9am to 12 noon	9am to 12 noon	-	-

Medina Leisure Centre
Fairlee Road, Newport, PO30 2DX
Tel: (01983) 523767
Fax: (01983) 530693
medina.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