

**LOSE IT!
Reduce CMs**
Introduction to nutrition and weight-based toning exercise methods

**FEEL IT!
Stamina**
For energy levels. Less out of breath, improved mood, better sleep quality

**BE IT!
Performance**
Wanting to challenge or compete. Run a 10k or marathon, climb a mountain, cycle round the Island

**SEE IT!
Strength and tone**
Change the shape of your body rapidly. Repair muscle and joints from injury

STANDARD ONE JOURNEY
Guaranteed results for everyone
One-to-one training

SESSION 1

Session 2
Weight loss programme
Peripheral heart action (PHA) training

Session 2
CV challenge
Warm body and stretch

Session 2
Choose your training method
Technique

Session 2
Building the base
Warm up the body
Intro to superset

Session 2
Complete workout
Cardio technique
Review programme

Session 3
Exercise and food

Session 3
Complimentary weight exercise
Find body for energy
Product compliments

Session 3
Eat to compete
Vitamins, minerals and immune system

Session 3
Eat to build/repair
Product compliments
Correct intensity check

Session 3
Develop technique and intensity

Session 4
What's in what you eat
Exercise review and intensity check

Session 4
Stretching and Pilates

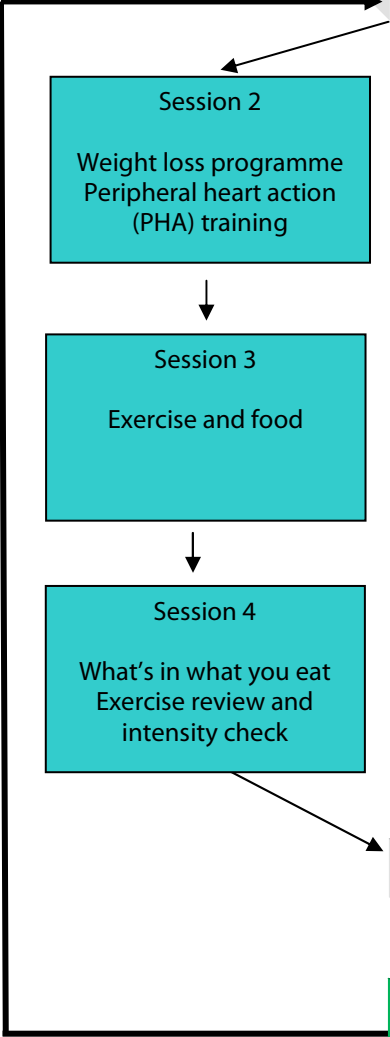
Session 4
Intensity check
Injury issues
Stretch/stretch/stretch
Train to recover

Session 4
Complementing muscle groups. Drop sets
Injury identification
stretching

Session 4
Personal training

SESSION 5 – RESULTS .. RESULTS .. RESULTS ..

YOUR NEXT JOURNEY



At the heart of fitness

The One Card scheme puts a new flexibility at the heart of fitness and makes it easy for you to use Isle of Wight Council leisure facilities. There are two options – Gold and Silver – both available for a regular monthly fee or a single annual payment (which will give you even bigger savings).



Further information



Choose the Gold One Card if you're keen to try our fitness classes and the Tone Zone gyms in Sandown, Newport and Ryde.



Choose the Silver One Card if you're keen on swimming, water workout, the health suite and racket sports. Remember, you can always upgrade to a Gold One Card



If you are in receipt of certain benefits, you may be eligible for a discounted One Card. Pick up a leaflet or ask our reception staff for more information

See the quick guide to help you choose the best One for you.

Once you've chosen, pick up an application form and start getting active and putting the One Card at **the heart of your fitness.**



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

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

Westridge Squash and Tone Zone Gym
Brading Road, Ryde, PO33 1QS
Tel: (01983) 823883 westridge@iow.gov.uk



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



Offer for Gold One Card members

New One Journeys...

Be It - improve performance

See It - improve strength and tone

Feel It - improve stamina

Lose It - weight reduction

... **new you**

Each of these Journeys will give you five structured one to one appointments with our qualified Tone Zone gym instructors and help you achieve your goal.

Free to members that pay by either Direct Debit or annual payment. For those that pay monthly, the cost is £20 per journey.

Visit iwight.com/leisure/newonejourney or ask at reception for more details.

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