

## Junior Gym

Specially designed for under 16s, Junior Gym can improve general fitness and help with weight management, using a combination of cardiovascular and resistance exercises. It's a fun and social introduction to the fitness lifestyle and can help increase self-esteem and confidence.

Our team of friendly and enthusiastic staff are always on hand with advice and go through individual exercise routines until you're completely at ease and know what to do on each piece of equipment.

Your first visit will be an induction so that we can assess your level of fitness and show you how to get the most out of the equipment.

## Family Gym

For parents and their children to exercise together in a safe and fun environment. All children need to have an induction. Available as part of the One Card scheme. For a monthly payment of £15.75 by direct debit children can have unlimited junior gym and family gym sessions.

Children between four and nine years old can attend family gym but must be accompanied by an adult. Children between 10 and 15 years old may attend family gym without being accompanied by an adult.

We are sorry but children under ten may not use the Tone Zone gyms at Medina Leisure Centre or Westridge.

## Tone Zone

Each Tone Zone gym has a wide range of cardiovascular and resistance equipment and our staff work with you to design a training programme to help you meet your individual fitness targets and achieve your own personal goals.

All the Tone Zone gyms have an extensive range of equipment to give you an all-over fitness regime – from bikes, rowers and treadmills, to fit balls and core stability equipment. Our qualified instructors are always on hand to help you get the most out of your fitness session.

At busy times, there's a 15 minute restriction on all cardiovascular equipment. All Tone Zones have TVs and music but there are quiet music-free sessions at Medina's Tone Zone Gym – ask for details.



### Where

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

The Heights  
The Broadway,  
Sandown, PO36 9ET  
Tel (01983) 405594  
[heights.leisure@iow.gov.uk](mailto:heights.leisure@iow.gov.uk)

Westridge Squash and  
Tone Zone Gym  
Brading Road,  
Ryde, PO33 1QS  
Tel (01983) 566243  
[westridge@iow.gov.uk](mailto:westridge@iow.gov.uk)

Pick up a leisure  
fees booklet for  
all activity prices.



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)

**one card**  
at the heart of fitness

## Tone Zone Gym



The Tone Zones are Isle of Wight Council gyms at The Heights in Sandown, Medina Leisure Centre in Newport and Westridge Squash & Tone Zone Gym.

Individual training programmes ✓

Wide range of equipment ✓

Junior, family and ladies only sessions ✓

Late night opening ✓

## The Heights

### Health Zone

The Health Zone predominantly caters for specific clients, for example those who are mobility impaired, or those who find it difficult to access the Tone Zone gym due to the steps. The Health Zone is also open to the public as an 'overflow' facility from the Tone Zone – please ask at reception for daily opening times.



### Medina Leisure Centre

Medina Leisure Centre in Newport is one of the Island's largest multi-purpose leisure and activity centres. The centre is open all year and offers facilities for everyone, ranging from toddlers to 50+ groups, with activities from swimming and fitness classes to badminton, and Tone Zone gym and training. The Tone Zone has recently been extended and now has five extra stations, plus a new free weights area and additional areas for stretching and abs work.



### Westridge Squash and Tone Zone Gym

Westridge is the newest of the Tone Zone gyms and has a wide range of cardiovascular and resistance equipment. The extended opening hours give you even more choice when to play squash or use the Tone Zone gym. There's free on-site parking too.



	Activity/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Heights	<b>Tone Zone</b>	7am to 10pm	7am to 10pm	7am to 10pm	7am to 10pm	7am to 10pm	7am to 7pm	8am to 8pm
	<b>Family Gym &amp; Junior Gym</b>	5pm to 6pm				4pm to 6pm	11.30am to 1.30pm	
	<b>Kidz Gym</b>		4pm to 5pm (4 to 10 year olds)					
	<b>Ladies Only</b>		6pm to 8.30pm					
Medina Leisure Centre	<b>Tone Zone</b>	7am to 9.30pm	7.30am to 9.30pm	7am to 9.30pm	7.30am to 9.30pm	7am to 9.30pm	9am to 11.30am 1pm to 5pm	9am to 8.30pm
	<b>Family Gym</b>						1pm to 2pm	
	<b>Junior Gym</b>		3.30pm to 4.15pm plus adults			3.30pm to 4.15pm plus adults	11.30am to 12.15pm 12.15pm to 1pm	
Westridge Sports Centre	<b>Tone Zone</b>	9am to 9pm	3pm to 9pm	9am to 9pm	3pm to 9pm	9am to 9pm	9am to 1pm	
	<b>Family Gym</b>		5pm to 6pm				9.15am to 11.30am	
	<b>Junior Gym</b>	3.45pm to 4.30pm		3.45pm to 4.30pm		3.45pm to 4.30pm		