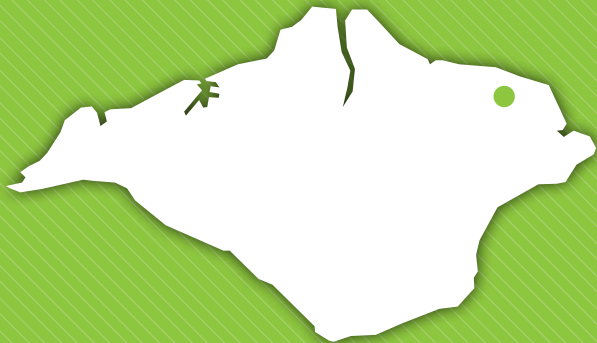


Westridge Squash & Tone Zone Gym



There are seven squash courts, with Class 4 competition-standard floors and a first-floor viewing gallery.
New 40-station state-of-the-art gym.

Squash coaching and league matches



Tone Zone gym



Personalised training plans



Friendly, personal advice



Westridge Squash & Tone Zone Gym

When is it open?

- Monday to Friday 9am to 9.30pm
- Saturday 9am to 5pm
- Sunday 9am to 1pm

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 state-of-the-art squash courts with Class 4 competition standard floors and a first-floor viewing gallery. A new 40-station gym, with hi-tech Pulse equipment and the Pulse Smart Centre. Also accessible showers and changing cubicles, plus baby changing facilities.

Facilities

- Squash
- Squash coaching
- Squash league matches
- New Tone Zone gym
- Racquet ball
- Table tennis

Contact

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

Tel: (01983) 823883

westridge@iow.gov.uk

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