

Class information

Bokwa®

An innovative dance class inspired by South African war dance. It's a simple to follow, total body workout. Add in kickboxing and steps and you have an energetic, exciting, exuberant and exhilarating workout.

The moves spell out letters and numbers on the floor all signalled via sign language. If you can move and spell, then you can BOKWA!

Circuit Training

A great way to keep in shape. Exercise all parts of your body through a variety of exercises

Cardio Kick Combat

Cardiovascular conditioning through fun and fast-paced group classes.

Step Reebok

Good for your heart and lungs. Tones your bottom, thigh and abdominal muscles

Tums & Bums

Get a flatter stomach, tighter thighs and a pert behind.

Zumba

Hypnotic Latin rhythms and easy-to-follow moves. A fitness programme to blow you away. Need we say more?



WINTER FITNESS CLASSES AT MEDINA LEISURE CENTRE

January to March 2013



Get active
Keep fit
Have fun!

- Burn calories
- Keep your body healthy
- Tone those wobbly bits
- Booking essential



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



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.

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Class timetable

Day	Time	Class
Monday	5.30 to 6.30pm	Circuit training (intermediate and advanced)
	5.30 to 6.30pm	Zumba
	6.30 to 7.30pm	Bokwa NEW!
	7.30 to 8.30pm	Tums & Bums
	8.30 to 9.30pm	Step Reebok
Tuesday	8pm to 9pm	Zumba
Wednesday	9.15 to 10.15am	Zumba
	6 to 7pm	Tums & Bums
	7 to 8pm	Circuit training (beginners and intermediate)
Thursday	8 to 9pm	Step Reebok
Friday	5.30 to 6.30pm	Zumba
	6.30 to 7.30pm	Cardio kick combat
	7.30 to 8.30pm	Circuit training (intermediate and advanced)
Saturday	10 to 11am	Zumba
Sunday	10 to 11am	Zumba

Pick up a pool programme



For details of our water workout classes

Booking information



Booking is advisable for all our classes. Please give 24 hours' notice when cancelling a booked 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



All one-hour classes are £4.50 . Circuit training is £3.80



Fitness classes are included as part of the One Card



Please note that all our classes are subject to change

General class information

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.

Please inform the instructor of any injuries or medical conditions which may affect your participation.

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.

For your own safety, correct footwear must be worn in all classes.

Please put all bags, coats, etc in a locker to reduce the chance of any health and safety issues.

Finally..... **ABSOLUTELY NO CHEWING GUM!**