

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 . The cost for 30 minute classes is £3. (From 1 April 2012)
-  Fitness classes are included as part of the One Card
- ! Please note that all our classes are subject to change

General class information

Classes will now end a few minutes before the published time. This is to give adequate time for the next class to start.

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.

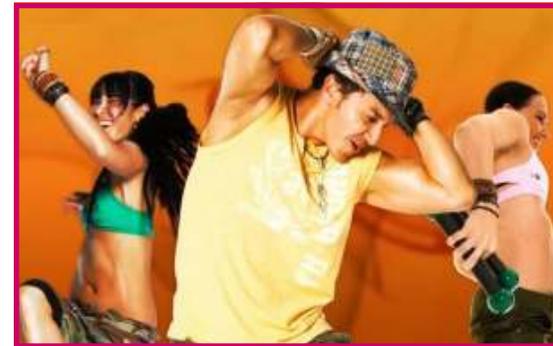
Please put all bags, coats, etc in a locker to reduce the chance of any health and safety issues.

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

All classes in our brand-new activity studio!

Fitness classes at The Heights Leisure Centre

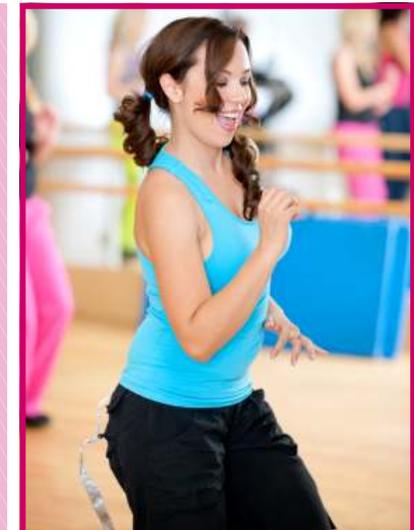
NEW YEAR PROGRAMME FROM JANUARY 2013



ALL CLASSES IN OUR BRAND- NEW ACTIVITY STUDIO

*Programme subject to change—
please check for updates

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



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one card
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

Class timetable

Day	Time	Class	Instructor
Monday * New time	9.15 to 10.15am	BLT	Julie
	11.15 to 12.15pm	Zumba Fitness*	Chloe
	12.15 to 1.15pm	BOKWA NEW!	Cara
	5 to 6pm	Zumba Fitness	Cara
	6 to 7pm	Zumba Fitness	Chloe
	7 to 8pm	Bodysculpt*	Karen
Tuesday * New time	9.15 to 10.15am	Bodysculpt	Karen
	10.30 to 11.15am	Bootcamp Worx *	Karen
	11.30 to 12.30pm	Zumba Fitness	Julie
	5 to 6pm	BOKWA NEW!	Cara
	6 to 7pm	Bodysculpt	Karen
	7 to 8pm	BOKWA NEW!	Karen
	8 to 8.30pm	Abs & back core conditioning	Karen
Wednesday * New time	9.15 to 10.15am	Cardio Blast	Karen
	10.15 to 11.15am	BOKWA NEW!	Karen
	11.30 to 12.30pm	Zumba Fitness	Lyssa
	5.30 to 6 pm	Abs & back core conditioning*	Karen

Day	Time	Class	Instructor
Wednesday (cont)	6 to 7pm	Cardio Combat	Karen
	7 to 8pm	Zumba Fitness	Cara
Thursday	9.15 to 10.15am	Bodysculpt	Susie
	11.30 to 12.30pm	Zumba Fitness	Julie
	5 to 5.50pm	Hula Hoop Fitness	Julie
	6 to 7pm	Step Reebok	Julie
	7 to 8pm	20/20/20 Aerobics	Cara
	8 to 8.45pm	Bootcamp Worx NEW	Karen
	Friday * New time	9.15 to 10.15am	20/20/20 Aerobics
12.30 to 1.30pm		Zumba Fitness	Cara
6 to 6.30pm		Abs & back core conditioning	Julie
6.30 to 7.30pm		Zumba Fitness*	Julie
Saturday	9.30 to 10.30am	DanceAtomic	Cara
	10.30 to 11am	Abs & back core conditioning	Cara
Sunday * New time	9.30 to 10.30am	Bodysculpt *	Cara
	10.30 to 11.30am	Step Reebok	Julie

Class information

20/20/20 Aerobics

A full body workout of aerobics, body-sculpt and floor work No time to get bored in this class!

Abs and Back Core Conditioning

Target your torso! Flatten, tone and re-shape your abs. Strengthen core muscles and stabilize your spine.

Bodysculpt

A strengthening and toning class combined with core stabilisation exercises will help you shift excess body fat and decrease unwanted inches.

Bokwa

Simple to follow, total body workout inspired by South African war dance. If you can move and spell, you can Bokwa

Bootcamp Worx

An indoor bootcamp-style workout designed to get you into shape—fast!

Cardio Blast

A fun class with a mixture of aerobic and easy dance moves to give you a great workout plus some toning floor exercises to finish the class with to give you an all-over workout.

Cardio Combat

A comprehensive high-energy workout that exercises and tones all the major muscle groups. If you're ready to get serious about getting into shape, losing extra pounds or toning your body, Cardio Combat is for you!

DanceAtomic

A seriously fun & action-packed workout cranking out the latest dance style & the hottest tunes. If you love Zumba, you'll love this!

Hula Hoop Fitness

Hula Hoops can tone your entire body, develop core strength and help you lose weight.

Step Reebok

An energetic cardiovascular workout with exciting step combinations offering layer upon layer of intensity to work up a sweat you'll never forget.

Zumba

Hypnotic Latin rhythms and easy-to-follow moves. Need we say more?