

One Journey



The six week One Journey programme helps you feel good, achieve positive results in your physical health and reach your personal goals.

Guaranteed results for everyone



One-to-one training



Fitness programme tailored for you



Reward points



One Journey

Designed to help you achieve positive results in your physical health and feel-good ratings and reach your own personal goals.

You discuss goals with your fitness instructor and agree your own personal programme. As well as regular Tone Zone gym sessions, you may want to add in some fitness classes and swimming. As the weeks progress, you can learn new techniques, review your progress and build on your achievements.

Don't forget the One Journey reward points – the more points you achieve in the first six weeks, the better your reward!

Visit The Heights, Medina Leisure Centre or Westridge Squash and Tone Zone Gym to find out more.



Where

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

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

Westridge Squash and
Tone Zone Gym
Brading Road,
Ryde, PO33 1QS
Tel: (01983) 566243
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

one1card
at the heart of fitness