

Water Workout



Workout and use the water to support your body and have a greater range of movement. The water helps protect your joints from high-impact damage

It's fun and good for you



Reduce risk of muscle injury



Aquanatal, rehab and low-intensity sessions



Burn more calories



Water workout

Water aerobics, or aquafit, usually combines a variety of techniques from gym-based aerobic classes and includes walking or running backward and forward, jumping jacks, along with various arm movements. Your workout will also use equipment such as flotation belts and flotation devices.

In addition to the standard benefits of any exercise, the use of water in water aerobics supports the body and reduces the risk of muscle or joint injury. There's less stress on your joints when stretching and you have a greater range of movement. It's fun – and it's good for you!

New Aqua Rehab classes at The Heights – gentle exercise to help release tense muscles and mobilise your back. Ideal for pre and post-pregnancy

Where

The Heights Leisure Centre
Tel (01983)405594
Heights.leisure@iow.gov.uk

Medina Leisure Centre
Tel (01983) 523767
medina.leisure@iow.gov.uk

When

Classes Monday to Friday. Please check pool programme for days and times.

The pools at Medina Leisure Centre will be closed from mid-January until late April 2013. During this time, additional water workout classes will be held at The Heights

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

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at the heart of fitness