

## Friday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■ ■ ■ ■ ■	Free	£4.50
09:15 - 10:00	Gym & Tonic	General	Larni/Stan	Low Impact	■ ■ ■ ■ ■	Free	£4.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■ ■ ■ ■ ■	Free	£7.00
11:00 - 12:00	Level 1 Pilates	Holistic	Lisa	Beginners	■ ■ ■ ■ ■	Free	£7.00
11:15 - 12:00	Aqua-Fit	Cardio	Stan	All Levels	■ ■ ■ ■ ■	Free	£4.50
12:00 - 12:45	Spin Tour	Cardio	Martin	All levels	■ ■ ■ ■ ■	Free	£5.50
14:00 - 15:00	Level 2/3 Pilates	Holistic	Lisa	Improver / Intermediate	■ ■ ■ ■ ■	Free	£7.00
18:00 - 18:45	Spinning	Cardio	Kevin	All Levels	■ ■ ■ ■ ■	Free	£5.50
19:00 - 20:00	20/20/20	Fitness	Kevin	All Levels	■ ■ ■ ■ ■	Free	£5.50
19:00 - 20:30	Hot Yoga	Holistic	Jenny	Advanced	■ ■ ■ ■ ■	Free	£8.00

## Saturday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:15 - 08:55	Saturday Circuit	Fitness	Fran	All Levels	■ ■ ■ ■ ■	Free	£5.50
09:00 - 10:00	Spin & Abs	Cardio	Fran	Intermediate	■ ■ ■ ■ ■	Free	£5.50
10:00 - 11:30	Yin Yoga	Holistic	Jenny	Advanced	■ ■ ■ ■ ■	Free	£8.00

## Sunday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
09:00 - 09:45	Spinning	Cardio	Fran	All Levels	■ ■ ■ ■ ■	Free	£5.50
09:00 - 09:45	Boxercise	Fitness	Hannah	All Levels	■ ■ ■ ■ ■	Free	£4.50
10:00 - 11:00	Level 2/3 Pilates	Holistic	Lisa	Improver / Intermediate	■ ■ ■ ■ ■	Free	£7.00
11:00 - 12:00	Dance Fit	Fitness	Hannah	All Levels	■ ■ ■ ■ ■	Free	£5.50
12:15 - 13:00	Aqua Groove	Cardio	Hannah	All Levels	■ ■ ■ ■ ■	Free	£4.50



THE WEST BAY  
COUNTRY CLUB & SPA  
ISLE OF WIGHT



## Adult Exercise Classes

Pre Summer Programme  
(4th June 20th July 2018)

This programme is subject to availability and may be amended at any time

Tel: 01983 766222

## Monday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■■■■■	Free	£4.50
09:15 - 10:00	Gym & Tonic	General	Fran	Low impact	■■■■■	Free	£4.50
09:30 - 10:30	Cardio Tennis	Fitness	Melissa	All Levels	■■■■■	Free	£5.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00
11:00 - 12:00	Fundamental Pilates	Holistic	Lisa	Beginner	■■■■■	Free	£7.00
11:15 - 12:00	Aqua-Yoga	Holistic	Jenny	All Levels	■■■■■	Free	£4.50
12:00 - 12:45	Spin Tour	Cardio	Martin	All levels	■■■■■	Free	£5.50
18:00 - 18:55	Sculpt	Toning	Fran	Intermediate	■■■■■	Free	£5.50
18:00 - 18:55	Spinning	Cardio	Connor	All Levels	■■■■■	Free	£5.50
19:00 - 20:30	Hatha Yoga	Holistic	Jenny	All Levels	■■■■■	Free	£7.00
19:00 - 19:30	Abs	Fitness	Fran	Intermediate	■■■■■	Free	£4.50

## Tuesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	Boxing HIIT	Fitness	Hannah	All Levels	■■■■■	Free	£4.50
09:00 - 10:00	Sculpt	Toning	Kym	All Levels	■■■■■	Free	£5.50
10:00 - 11:30	Yoga4Health Active*	Holistic	Jenny	All Levels	■■■■■	Free	£8.00
11:30 - 12:30	Yoga4Health*	Holistic	Jenny	All Levels	■■■■■	Free	£7.00
12:30 - 13:15	Spinning	Cardio	Fran	All Levels	■■■■■	Free	£5.50
12:30 - 13:30	Dance Fit	Dance	Hannah	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Step & Tone	Cardio	Larni	All Levels	■■■■■	Free	£5.50
18:00- 18:45	Spinning	Cardio	Graham	All Levels	■■■■■	Free	£5.50
18:00 - 18:50	Circuits	Fitness	Fran	All Levels	■■■■■	Free	£5.50
18:55 - 19:25	Abs	Fitness	Fran	All Levels	■■■■■	Free	£4.50
18:55-19:40	Spinning	Cardio	Graham	All Levels	■■■■■	Free	£5.50
19:30 - 20:30	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00

\* Only one class can be booked either Yoga4Heath Active or Yoga4Health not both.

## Wednesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■■■■■	Free	£4.50
09:00 - 10:00	Spin & Circuit	Cardio	Stan	Intermediate	■■■■■	Free	£5.50
09:00 - 10:00	Zumba	Dance	Larni	All Levels	■■■■■	Free	£5.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00
11:00 - 12:00	Level 2 Pilates	Holistic	Lisa	Improvers	■■■■■	Free	£7.00
11:15 - 12:00	Aqua Zumba	Cardio	Larni	All Levels	■■■■■	Free	£4.50
13:00 - 14:00	Level 4 Pilates	Holistic	Lisa	Advanced	■■■■■	Free	£7.00
18:00 - 18:45	Boxercise	Fitness	Hannah	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Spinning	Cardio	Connor	All Levels	■■■■■	Free	£5.50
19:00 - 19:45	Core Strengthening	Fitness	Hannah	All Levels	■■■■■	Free	£4.50
19:30 - 20:55	Sun Power Yoga	Holistic	Jenny	Advanced	■■■■■	Free	£7.00

## Thursday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Fitness	Andy	All Levels	■■■■■	Free	£5.50
09:00 - 10:00	Aerobics	Cardio	Larni	All Levels	■■■■■	Free	£5.50
10:00 - 11:30	Yoga4Health Mindful	Holistic	Jenny	All Levels	■■■■■	Free	£8.00
11:15 - 12:00	Aqua Groove	Cardio	Larni	All Levels	■■■■■	Free	£4.50
12:00 - 12:45	Ladies Spin	Cardio	Fran	All Levels	■■■■■	Free	£5.50
12:15 - 13:00	Dancercise	Cardio	Larni	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Spinning	Cardio	Fran	All Levels	■■■■■	Free	£5.50
18:00 - 19:00	Sculpt	Toning	Kym	All Levels	■■■■■	Free	£5.50
18:50 - 19:30	Circuits	Fitness	Fran	Intermediate	■■■■■	Free	£5.50