

FREE FITNESS CLASSES!

If you want to shape up or tone up and burn those calories, you can **try any fitness class*** at **The Heights and Medina Leisure Centre for FREE in May!**

Choose from over 100 classes every week

Classes seven days a week



More than 20 different classes to choose from including:

Zumba

Tums & Bums

Old Skool Aerobics

Step Reebok

Kettle Classes

DanceAtomic

Body Conditioning

Hula Hoop

Cheerleading

Bokwa



Don't miss the new dedicated Spinning Studio at The Heights



Plus Pilates, Circuit Training, Cardio Combat and more...

To download your full programme of classes for both venues visit

www.iwight.com/leisure

Come and see us at The Heights or Medina Leisure Centre or ring for more information

Heights - 01983 405594

Medina - 01983 523767

*Booking essential

one1card

Get the most from your fitness regime – become a Gold One Card member.

Easy monthly payments (or a single annual payment offering even more value),



Make sure you put the One Card at the heart of your fitness.

TONE UP IN THE TONE ZONE

Exercising is one of the best things you can do to improve your health – it makes your heart stronger, burns calories, helps lower your blood pressure and releases those all-important 'feel-good' endorphins.

Three new Tone Zone gyms at Medina, The Heights and Westridge with over 170 pieces of state-of-the-art equipment.

OPEN SEVEN DAYS A WEEK

TRY ANY FITNESS CLASS FOR FREE

Step one: choose a class. **Step two:** ring and book your place. **Step three:** bring this completed voucher to gain free admission.

Name:

Email:

Phone:

You must bring this voucher to gain your free admission. Valid for all classes. Limited to one free class per person. Booking essential. Offer valid until 30 May 2013. Terms and conditions apply.



Medina Leisure Centre

Fairlee Road, Newport
PO30 2DX

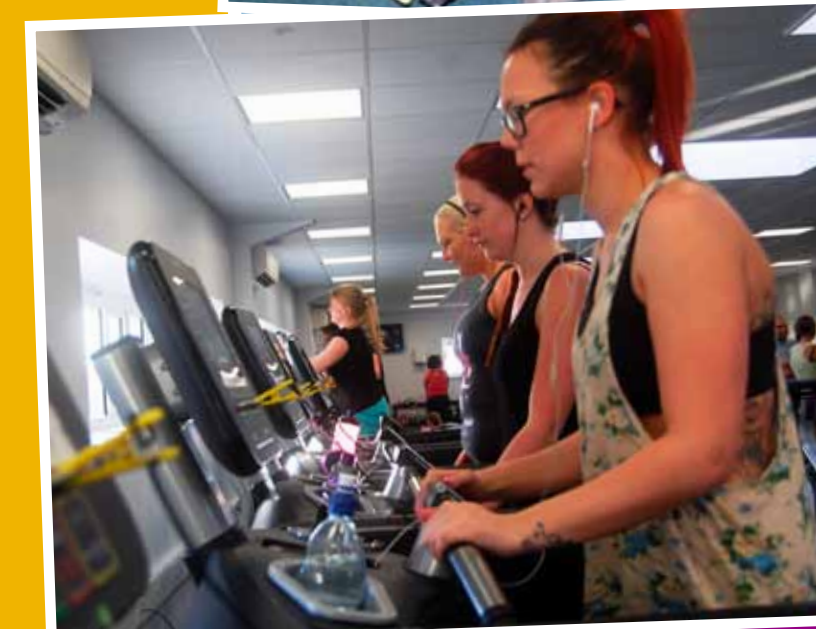
Email: medina.leisure@iow.gov.uk
Tel: 01983 523767



Heights Leisure Centre

The Broadway, Sandown
PO36 9ET

Email: heights.leisure@iow.gov.uk
Tel: 01983 405594



Westridge Squash and Tone Zone Gym

Brading Road, Ryde
PO33 1QS

Email: westridge@iow.gov.uk
Tel: 01983 823883