

BLT XTRA

1leisure
have fun, get fit, stay fit

The Heights

Medina

Give those bums, legs
and tums the Xtra
factor they deserve!



**TARGET THOSE TOUGH-
TO-TACKLE AREAS**

GET BEACH-READY

IMPROVE YOUR CONFIDENCE

WWW.1LEISURE.CO.UK

FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
55 MINUTES	LOW TO HIGH	UP TO 750	14+	YES	YES	NO

PRICES

Adult	£6	Junior	£3.40
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WHAT

BLT Xtra is a class dedicated to firming and strengthening your legs, thighs, bottom and abdominal muscles. You'll definitely feel the burn in this powerful total lower body toning class.

FAQ'S

How fit do I need to be?

You can push yourself as hard as you like in BLT Xtra. Beginners right through to hardcore fitness fans will all get a great workout.

WHY

By strengthening muscle and stripping away fat from these tough-to-tackle areas, BLT Xtra will make you wish for summer so you can show off your bums, legs and tums on the beach!

What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

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1Leisure supports
*My life
a full life®*

one1card
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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 with flexible payment options.