

BODY CONDITIONING

1leisure
have fun, get fit, stay fit

The Heights

Medina

Become a lean, mean
body conditioned
machine!

**GET A STRONG,
TONED PHYSIQUE**

**STRENGTH, MUSCULAR
ENDURANCE
AND FITNESS**

**ONE OF THE BEST CLASSES FOR
AN OVERALL WORKOUT**

WWW.1LEISURE.CO.UK



FACTFILE

DURATION

55 MINUTES

INTENSITY

MODERATE TO HIGH

CALORIES BURNED

UP TO 750

AGE RANGE

14+

SUITABLE FOR BEGINNERS

YES

GOLD CARD

YES

SILVER CARD

NO

PRICES

Adult	£6	Junior	£3.40
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WHAT

Body Conditioning classes focus on three key areas - strength, muscular endurance and fitness. Our instructors will take you through a range of high energy, mixed impact workouts in the perfect combination of cardio fitness, strength and toning.

FAQ'S

How fit do I need to be?

Body Conditioning is a class that everyone can enjoy, the instructor will show a range of options for all fitness levels.

WHY

These classes will help you to develop a strong and toned physique by providing a cardio workout at the same time as concentrating on the body's muscle groups. Body Conditioning is one of the very best classes to improve overall fitness.

What do I need to bring?

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

TO HAVE 1LEISURE AT YOUR FINGERTIPS DOWNLOAD OUR APP – SEARCH: 1LEISURE

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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.