

# BOOTCAMP AND CIRCUIT TRAINING

**1leisure**  
have fun, get fit, stay fit

**The Heights**

**Medina**

Be driven to great results in these varied, fast-moving and ultra-dynamic workouts



**WORK EVERY PART OF YOUR BODY**

**PUSH YOURSELF TO ACHIEVE**

**A GREAT WAY TO KEEP IN SHAPE**

**[WWW.1LEISURE.CO.UK](http://WWW.1LEISURE.CO.UK)**

## FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
30-55 MINUTES	MODERATE TO HIGH	UP TO 900	14+	YES	YES	NO

## PRICES

Adult .....	£6	Junior .....	£3.40
-------------	----	--------------	-------

## WHAT

All of the classics might be included in any given class. From sit-ups to shuttle runs, burpees to squats, press-ups to star jumps you will be pushed to put in a real effort, get a real workout and enjoy real results.

## FAQ'S

### How fit do I need to be?

Suitable for all as you push yourself to your own limits. Both beginners and real fitness enthusiasts can get genuine results.

## WHY

These classes are a real chance to push yourself to your very limit. Hard, dynamic workouts like these bring the very best out of you – when you want to stop, keep pushing!

### 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**

**Tel: 01983 823880**

**www.1leisure.co.uk**

**The Heights** heights.leisure@iow.gov.uk

**Medina** medina.leisure@iow.gov.uk

 Find us on  
Facebook  
/1leisure

1Leisure supports  
*My life  
a full life®*

**one1card**  
have fun, get fit, stay fit

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.