

STONE ZONE INDUCTION

When you first join the Stone Zone we ask you to undertake an induction so that we are happy you are able to use the equipment safely and to ensure you will get the most out of your time in the gym. You will receive:

- Stone Zone tour and familiarisation session;
- fitness programmes(s) from qualified instructors that can be updated to fit your changing needs.

Every new Gold Card member will also receive a **free water bottle**, a **free gym bag**, and unlimited vouchers to introduce a friend and get a one month's **free membership**.

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All members receive unlimited one-to-one sessions to keep you on the right track (fair usage applies).

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
Westridge westridge@iow.gov.uk



1Leisure supports
My life a full life®

ONE CARD

A One Card membership makes it easy for you to use Isle of Wight Council leisure facilities



UNLIMITED USE OF LEISURE FACILITIES

EASY MONTHLY OR ANNUAL PAYMENTS

CHOICE OF OPTIONS

CONCESSIONS AVAILABLE
(PLEASE ASK FOR DETAILS FROM ANY OF THE LEISURE CENTRES)

WWW.1LEISURE.CO.UK





Activity	Gold One Card			Silver One Card		
	Adult	Under 20 ⁵	Junior	Adult	Under 20 ⁵	Junior
Tone Zone gym ²	✓	✓	✓	n/a	n/a	n/a
Fitness classes ¹	✓	✓	✓	n/a	n/a	n/a
Swimming	✓	✓	✓	✓	✓	✓
Aquacise	✓	✓	n/a	✓	✓	n/a
Casual squash	✓	✓	✓	✓	✓	✓
League squash ³	✓	✓	✓	✓	✓	✓
Badminton	✓	✓	✓	✓	✓	✓
Health suite ⁴	✓	✓	✓	✓	✓	✓

PAY REGULARLY WITH MONTHLY PAYMENT OPTIONS OR **SAVE MONEY** WITH A ONE-OFF ANNUAL PAYMENT!

Payment method	Gold One Card			Silver One Card		
	Adult	Under 20 ⁵	Junior	Adult	Under 20 ⁵	Junior
Annual contract membership (direct debit, 12 monthly payments)	£30.41	n/a	n/a	£17.58	n/a	n/a
Annual payment (12 months for the cost of ten)	£385	£250	£162	£225	£162	£103
Direct Debit	£38.50	£25	£16.20	£22.50	£16.20	£10.30
Cash, cheque or credit card (monthly)	£48.50	£28	£17.80	£27.50	£18.35	£11.30
Tone Zone induction	Free with Gold memberships			n/a	n/a	n/a

¹Not all classes are suitable for all ages – please see separate fitness programme

²Induction required.

³Only for direct debit and annual payment options.

⁴Juniors using the health suite must be accompanied by a paying adult.

⁵Students over 20 and in full-time education are eligible for this discount. Evidence will be required.