

# GLOW!

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

Medina



GLOW brings a night out to your workout! Glow hard or go home...

**DARKENED ROOM? YES!**

**GLOWSTICKS? YES!**

**GREAT WORKOUT? YES!**

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

GLOW is an incredible dance fitness class using simple, fun dance routines to classic dance tunes in a darkened room with disco lights. Oh, and you use glowsticks – Glow hard or go home!

## FAQ'S

### How fit do I need to be?

GLOW is perfect for all levels of fitness and ability. Our instructors can tailor movements for all abilities.

## WHY

GLOW is fantastic fun! All the tunes you love to dance to make it so much fun that you'll be getting a great workout without even realising it! Did we mention the glowsticks?

### 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](http://www.1leisure.co.uk)**

**Medina [medina.leisure@iow.gov.uk](mailto:medina.leisure@iow.gov.uk)**

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