

30 MINUTE ABS

1leisure
have fun, get fit, stay fit

The Heights

Medina

Short class – long
lasting effects!

**INTENSIVE
CORE WORKOUT**

BEACHIFY YOUR STOMACH

**WORK HARD, LOOK
AND FEEL GREAT!**

WWW.1LEISURE.CO.UK

FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
30 MINUTES	LOW TO HIGH	UP TO 200	14+	YES	YES	NO

PRICE

Adult £4.50 Junior £3

WHAT

30 Minute Abs is half an hour of dedicated, intensive core work. Set to upbeat music you'll work your entire core and learn new exercises to help sculpt your midriff.

FAQ'S

How fit do I need to be?

Every individual level of fitness is perfectly catered for in this class. Do as much as you can, you will be pushed to achieve your goals.

WHY

It is a great class and a great way to fit in a quick but challenging workout in to your busy day! Set your goal to tone, strengthen and define your abs.

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.