

**PRICES**

CASUAL		TONE ZONE INDUCTION	
All times	£7.50	eleven2ffteen	£3.50
U21	£3.50	<b>ALL TONE ZONE INDUCTIONS ARE FREE!</b>	

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**WHAT**

Our Tone Zones are equipped with the latest Pulse Fitness equipment with Freeview TV channels and iPod connectivity. Our smartcards allow you to follow a range of instructor-created programmes and monitor your progress more easily.

**FAQ'S**

**How fit do I need to be?**

The Tone Zone is suitable for absolutely everyone. Bespoke programmes can be set by our instructors for every fitness level.

**WHY**

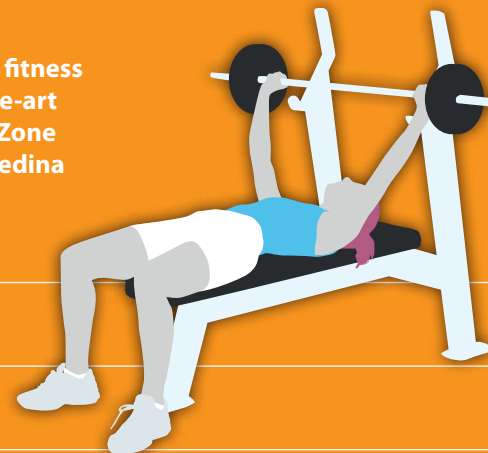
The Tone Zones are a safe and social place to increase your fitness levels with a huge range of different exercises. Our instructors will develop a programme that meets your individual needs. You'll feel less stressed, you'll sleep better and your body will thank you in the long run!

**What do I need to bring?**

Your One Card. Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

**TONE ZONE GYM**

Get the most from your fitness regime with state-of-the-art equipment in the Tone Zone gyms at The Heights, Medina and Westridge



**100+ STATION GYM AT THE HEIGHTS**

**100+ STATION GYM AT MEDINA**

**40 STATION GYM AT WESTRIDGE**

**ALL TONE ZONE INDUCTIONS ARE FREE**

**WWW.1LEISURE.CO.UK**

**FACTFILE**

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
NA	LOW TO HIGH	VARIOUS	11+	YES	YES	NO

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Tel: 01983 823880  
[www.1leisure.co.uk](http://www.1leisure.co.uk)

The Heights heights.leisure@iow.gov.uk  
Medina medina.leisure@iow.gov.uk  
Westridge westridge@iow.gov.uk

**LET'S BE SOCIAL!**



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THE HEIGHTS	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	8am to 6pm	8am to 6pm
MEDINA	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	6.30am to 9pm	8am to 5pm	8am to 8pm
WESTRIDGE	7am to 9pm	7am to 9pm	7am to 9pm	7am to 9pm	7am to 9pm	8am to 3pm	Closed

Once you are a Gold One Card holder you get access to all three gyms, as well as **unlimited access to one-to-one sessions with the instructors.** If you need to update your goals or refresh your programme book an hour with an instructor as many times as you like.

**The best part? This is absolutely free!**

The inclusion of weights in any programme is entirely up to the discretion of the staff.

