



Tel: 01983 528149

1a Portland Street, Newport, Isle of Wight, PO30 1QQ

OPENING TIMES

Monday	10.00am - 9.00pm
Tuesday	10.00am - 9.00pm
Wednesday	1.00pm - 9.00pm
Thursday	10.00am - 9.00pm
Friday	10.00am - 8.30pm
Saturday	9.45am - 4.00pm
Sunday	4.00pm - 6.00pm

WEIGHT TRAINING

There is no compulsory gym induction. However beginners must make an appointment for individual instruction and personal programme. £20 includes first workout and two individual instruction sessions. Further personal training/assistance £10-£20 per session.

	£6	-	Per work-out
Non members :	£18	-	7 day pass
	£50	-	One month pass

WHITE CARD MEMBERSHIP

1 year	£60	-	Single
	£100	-	Husband & Wife

Plus £3 per work-out

GOLD CARD MEMBERSHIP

1 year	£295	-	Single
1 year	£550	-	Husband & Wife
6 months	£195	-	Single
6 months	£350	-	Husband & Wife

Or 1 year by EASY PAYMENT SCHEME

Single	New customer	£60 plus 11 monthly standing order payments of £35 (total £445)
	Renewal	12 monthly standing order payments of £35 (total £420)

Husband & wife	New customer	£100 plus 11 monthly standing order payments of £55 (total £705)
	Renewal	12 monthly standing order payments of £55 (total £660)

IF PAYING GOLD CARD BY INSTALMENTS, EACH PAYMENT MUST BE MADE UNTIL MEMBERSHIP EXPIRES, EVEN IF YOU CEASE TRAINING.

BODY PUMP	*/** 1 Hour	BUMS & TUMS	*45mins
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A weight training workout with motivating music. It is appealing to both sexes and suitable for all ages, popular with couples that wish to exercise together. Instructor Lyn is assisted by her husband Gary.

Mon & Fri	6.00pm	-	£4.00
Wed	6.30pm	-	£4.00

Free trial - induction 15mins before each class

A conditioning class with Lyn. Work on those problem areas using your bodyweight and/or hand weights, steps and dynabands, which are provided. You don't need good coordination in this class. A good starting point for those new to exercise.

Mon	7.00pm	-	£3.00
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AEROBICS	*1 Hour	STEP REEBOK	*1 Hour
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Hi / Lo Impact class designed to make your heart and lungs work better and tone up your muscles, plus burn body fat at the same time. Need extra help for hips and stomach? Try doing the Bums & Tums class before this.

Mon	8.00pm	-	£3.50
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A solid low impact aerobic work-out incorporating a genuine 'Reebok Step' platform designed to improve cardiovascular fitness and promote intense toning for hips, thighs and buttocks. This high intensity work-out with Lyn suits all levels of fitness.

Wed	7.30pm	-	£3.50
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HEART CARE CLASS	*1 Hour	KICKBOXERCISE	*/**1 Hour
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A circuit-training class with an easy going atmosphere. Primarily for people with heart or associated cardiovascular problems. We can also accept people without heart history. Please phone to discuss suitability - Lyn (instructor) 296091 or Steve Milton at the Fitness Factory.

Fri	7.00pm	-	£2.50
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An energetic aerobics class with Kelly. This class uses elements of self defence - punching and kicking in time to music.

Thurs	7.00pm	-	£3.50
Sun	5.00pm	-	£3.50

(Sun class only at peak times)

PILATES MAT WORKOUT	*1 Hour	KARATE	1 Hour
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Let Karen exercise the mind and body. This class concentrates on core stability muscles and helps you to relax.

Fri	12.30pm	-	£6.00
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Or six classes for £30.00

Shotokan Karate & self defence for Adults and Juniors (7 years min.)
Classes for Beginners and advanced.
Please click [HERE](#) for more details.

GYM CIRCUIT TRAINING	*/**1 Hour	GYM PRE SKI FIT	*/**1 Hour
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With Steve Milton. Tone up your muscles and burn body fat in this class using equipment in our fitness gym. Suitable for ladies and gents of all ages.

Mon	7.00pm	-	£5.00
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Gym members		-	£3.00
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Beginners induction Mon 6.30pm

Get ready for your ski holiday. Strengthen your legs and improve fitness in this circuit class. Its a good workout even if your not going skiing!
(NO CLASSES JULY / AUGUST)

Wed	7.00pm	-	£5.00
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Gym members		-	£3.00
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Beginners induction Wed 6.30pm

TUMBLE TOTS	45mins	JUNIOR DISCO DANCE	
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45 minute active play classes for pre-school children aged 1 (walking) to 3 years. Designed to develop coordination and self confidence.

Tues & Fri	10.30am	-	£4.50
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Tumble Tot members		-	£3.00
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Annual membership £20.00

With the Denise Palmer School of Dance
Age 6+ Beginners

Sat	1.30pm	1 Hour	£2.50
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Age 6+ Intermediate and Advanced

Thurs	5.00pm	1½ Hours	£2.50
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Sat	2.30pm	1 Hour	£2.50
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