











TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am							
7:30am							
8:00am							
8:30am							
9:30am							
12:15pm							
2:00pm							
6:30pm							

INFORMATION ABOUT CLASSES

All Classes run for 45 minutes and take place in our heated 50m pool.

Due to programming growth please arrive 15 minutes prior to the designated start time of that class. Class sizes are capped at 40 participants.

Exercising in the water is a great way to help the body to cure, cleanse and strengthen itself.



CLASS DESCRIPTIONS

Deep Water Running

A medium to high intensity class, aimed to keep you moving without the ability to touch the floor. If you like to challenge yourself, this is the class for you.

Aqua For All

This equipment based class uses noodles, kickboards and aqua dumbbells as your tools to help get fit. Suitable for people of all abilities, including people with neurological conditions, chronic illness, hindered movement, elderly or anyone who wants to exercise

**If you require a carer, we invite you to bring a family member or friend to exercise with you in the water. Join us for a cuppa afterwards!

Aqua Size

This class is designed to be suitable for participants of all age groups and levels. Structured to provide you with a challenge whilst enabling you to work at your own pace.

Aqua Feet

This class is something a little different! All participants' feet are off the bottom of the pool, using the aid of a water belt. Designed to challenge your core stability, Aqua Feet will help you get fit fast.

Aqua Box

A cardio based class designed to increase your heart rate and strengthen your muscles. Based around a fast paced boxing session that is held in the water.

Aqua Bellies

For those mums to be, this is a slow paced aqua aerobics session, specifically designed for pregnancy. Move of your own level, enjoy the buoyancy of the water and meet other new mums to be.

Aqua Bootcamp

Fun, energising activities designed to help you reach your fitness goals. Whether you are a beginner, a fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you.