Aqua Aerobics

This session is ideal for anyone looking to tone up, get fit or to just increase their level of physical exercise

**Classes are held on:**

Monday 7:00 – 8:00pm
Tuesday 11.30am – 12.30pm & 7.30pm – 8:30pm
Wednesday 2.00pm – 3.00pm
Thursday 2.00pm – 3.00pm

Courses are booked in 8 week blocks at £59.40 *(not a pay as you go class)*
All classes have a small waiting list

For more information or to be placed on to the waiting list please contact the pool

