

AQUA



By far the most popular feature of our timetable our aqua aerobics classes are for everyone, from those looking to work to their highest level to those just starting their fitness journey our fully qualified instructors will take you through your paces.

Class Times

Monday 7pm (open to all)

Tuesday 10am (open to all)

Thursday 10am (Members Only) Thursday 12.30pm (open to all)

Booking Required for All sessions