

Aqua



One of the most popular fixtures on the pool timetable is the Aqua classes, ran by Fully qualified Water-Fit Instructors the classes are a fun friendly environment to get those calories burnt. Classes run in the evening at 7pm on Monday and Mornings on Tuesday at Thursday at 10.30am during term time. Open to men and women of all ages our instructors look forward to welcoming you to one of our classes.

AQUA AEROBICS

