

# FITNESS TIMETABLE

STRUGGLING TO STAY MOTIVATED, LOOKING FOR A WAY TO  
BOOST YOUR WORKOUTS OR MAKE NEW FRIENDS?

COME ALONG TO ONE OF OUR FITNESS CLASSES!

## MONDAY

9.30am - 10.15am  
AQUA FIT

## TUESDAY

9.30am - 10.15am  
AQUA FIT

## FRIDAY

9.30am - 10.15am  
AQUA FIT

## AQUA FIT

### WHAT?

Aqua Fit is a full body workout, focusing on aerobic endurance. Unlike aerobics on land, Aqua Fit uses the natural resistance of the water to provide strength and conditioning training to the body.

### WHO?

Aqua Fit is suitable for all abilities

### WHY?

Regularly participating in aerobic exercise, such as Aqua Fit, increases your strength, endurance and cardiovascular health.

### IT'S ALSO GOOD FUN!

CLASSES ARE FREE FOR MEMBERS & £8 PER CLASS FOR NON-MEMBERS