

AQUATICS CLASSES

TIMETABLE

Effective:
20th Febraury 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
MORNING SESSIONS	7:00am		AQUA BLAST 45 mins	DEEP WATER AQUA 45 mins		DEEP WATER AQUA 45 mins	AQUA FOR ALL 45 mins
	8:00am						AQUA FOR ALL 45 mins
	9:00am		DEEP WATER AQUA 45 mins	AQUA ZUMBA SHALLOW 45 mins	AQUA FOR ALL 45 mins	DEEP WATER AQUA 45 mins	
	9:45am	SWIMFIT 45 mins		SWIMFIT 45 mins		SWIMFIT 45 mins	
	10:00am	AQUA BLAST 45 mins	AQUA FOR ALL 45 mins				
AFTERNOON SESSIONS	12:00pm	AQUA BLAST 45 mins		AQUA BLAST 45 mins	AQUA FOR ALL 45 mins	AQUA BLAST 45 mins	
	1:00pm	AQUA STRETCH & STRENGTH 45 mins		AQUA STRETCH & STRENGTH 45 mins		AQUA STRETCH & STRENGTH 45 mins	
	5:30pm		AQUA FOR ALL 45 mins				
	6:00pm			AQUA BOOTCAMP 45 mins			
	6:15pm	SWIMFIT 45 mins	SWIMFIT 45 mins		SWIMFIT 45 mins		
	6:30pm	AQUA BOXING 45 mins	AQUA FOR ALL 45 mins		AQUA ZUMBA SHALLOW 45 mins		
	7:00pm			AQUA BOOTCAMP 45 mins			

Book now through Active World!
Available to book five (5) days in advance

OUR TIMETABLES
ARE ALSO ONLINE!

SCAN ME



AQUATICS CLASSES

DESCRIPTIONS

AQUA BLAST

Aqua Blast incorporates a range of cardio-based exercise in the water from Tabata, interval training, EMOM (every minute on the minute) and HIIT, to create stamina, strength and muscle tone development along with increased heart rate - all whilst having fun!

AQUA BOOTCAMP

Aqua bootcamp utilises the resistance of the water along with regular buoyancy equipment to provide a higher intensity, calorie burning, fun-filled low impact workout. Promises to get your heart pumping!

AQUA BOXING

An energetic blend of boxing and traditional aqua choreography. This water aerobics cardio routine is loaded with fun boxing patterns to tone the arms. All ages and abilities.

AQUA FOR ALL

AQUA FOR ALL is designed to be an aerobic workout utilising the benefits of low impact exercise in the pool for all abilities. Tone muscle, improve cardiovascular endurance and flexibility whilst enjoying being motivated through upbeat music. AQUA FOR ALL is easy to follow and a great way to exercise together in a group fitness environment.

AQUA SHALLOW

Enjoy a variety of class styles that are multi-levelled to suit beginner through to advanced participants. These classes are fantastic for improving aerobic fitness, muscle endurance as well as core strength, balance and flexibility all in a safe and low impact environment.

AQUA STRETCH AND STRENGTH

Utilising the additional resistance benefits created by the water allows for a focus on both building strength whilst also improving range of movement and flexibility. Aqua Strength and Stretch will provide a release of tension for the entire body through a range of water-based exercises.

AQUA ZUMBA

Known as the Zumba® 'pool party', the Aqua Zumba program gives a new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

DEEP WATER AQUA

Perfect for people wanting a total non-weight bearing workout. Deep water aqua is unique and well renowned for its many benefits, including core strength, aerobic and muscular endurance, flexibility and muscle balance whilst at the same time promoting and invigorating a sense of well-being and relaxation.

SWIMFIT

SwimFit sessions are 55 minutes. Designed to improve fitness, technique and performance. SwimFit caters for swimmers of varied abilities, from beginner to masters, and the programs provided are selective and individualised to suit the goals of its participants. Our experienced Belgravia coaches will assist you in reaching your goals through technique and skill correction.