

# AQUATICS CLASSES

## TIMETABLE

Effective:  
14<sup>TH</sup> JULY 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
MORNING SESSIONS	7:00AM		AQUA BLAST	DEEP WATER AQUA		DEEP WATER AQUA	AQUA FOR ALL
	8:00AM						AQUA FOR ALL
	9:00AM		DEEP WATER AQUA	AQUA CHECK ACTIVE WORLD	AQUA FOR ALL	DEEP WATER AQUA	
	9:45AM	SWIMFIT		SWIMFIT		SWIMFIT	
	10:00AM	AQUA BLAST					
AFTERNOON SESSIONS	12:00PM	AQUA BLAST		AQUA BLAST	AQUA FOR ALL	AQUA BLAST	
	1:00PM	AQUA STRETCH & STRENGTH INDOOR		AQUA STRETCH & STRENGTH INDOOR		AQUA STRETCH & STRENGTH INDOOR	
	2:00PM			AQUA COMBO INDOOR		AQUA COMBO INDOOR	
EVENING SESSIONS	6:15PM	SWIMFIT	SWIMFIT		SWIMFIT		
	6:30PM	AQUA BOXING DEEP	AQUA FOR ALL INDOOR	AQUA BOOTCAMP INDOOR	AQUA CHECK ACTIVE WORLD		

BOOK NOW THROUGH ACTIVE WORLD!  
AVAILABLE TO BOOK FIVE (5) DAYS IN ADVANCE

CLASSES ARE 45 MINUTES DURATION.

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.

### DEEP WATER AQUA

Perfect for people wanting a total non-weight bearing workout. Deep water aqua is 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.

### AQUA STRETCH AND STRENGTH

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

### AQUA COMBO

A full-body workout in the comfort of our enclosed heated pool. A unique class that blends a variety of dynamic movements using aqua equipment to improve strength, mobility, and cardiovascular fitness. Whether you're new to Aqua or a seasoned participant, this class offers something for all fitness levels. With low-impact exercises and the soothing warmth of the water, it's the perfect mix of fun and function to get you moving and feeling great.

### 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.

### SWIMFIT

SwimFit sessions are 45 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.