

AQUA TIMETABLE

TIME	MON	TUES	WED	THU	FRI	SAT
7:00-7:45 AM		Aqua Blast	Deep Water Aqua		Deep Water Aqua	
8:00-8:45 AM						Aqua For All
9:00-9:45 AM	Aqua Blast	Deep Water Aqua	Aqua Zumba Shallow	Aqua For All	Deep Water Aqua	
9:45-10:40 AM	SwimFit		SwimFit		SwimFit	
12:00-12:45 PM	Aqua Boxing		Aqua Bootcamp	Aqua For All	Aqua Blast	
1:00-1:45 PM	Aqua Stretch & Strength		Aqua Stretch & Strength		Aqua Stretch & Strength	
6:30-7:15 PM	Aqua Blast	Aqua For All	Aqua Bootcamp	Aqua Zumba Shallow		
6:30-7:20 PM	SwimFit	SwimFit		SwimFit		

AQUA CLASS 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.