

SWIMFIT

At Corby East Midlands International
Swimming Pool

**A NEW INSTRUCTOR
LEAD WORKOUT
CLASS**

**AT YOUR LOCAL
SWIMMING POOL**

**A COMBINATION
OF GYM AND POOL
EXERCISES**

What is Swimfit?

Swimfit is a combination of pool, gym and studio exercises all condensed into one high intensity pool-based workout.

This instructor lead session targets both aerobic and anaerobic energy systems, using a variety of cardiovascular and sprinting exercises, as well as acting against the resistance of water and buoyancy.

The aim of the class is to introduce a whole new approach to exercise for those who are either looking to improve their level of fitness or someone who wants to lose some weight and improve their health. Swimfit classes will be taken by a qualified Swimfit Activator; who has been trained in applying these training methods and giving useful, friendly advice on how to live a healthier lifestyle.

***Swimfit is included with
all Leisure, Swim and
Group Exercise
Memberships.***

Loyalty Card Holders—£4.00
Non members—£4.50

Session times:

Monday: 7 am & 6:30pm
Tuesday: 7 am
Wednesday: 7 am
Thursday: 7 am & 12 noon
Friday: 7 am & 6:30pm



**ADD WATER
TO YOUR
WORKOUT
WITH
SWIMFIT**

Get started

