

Shallow Water Workout

From Wednesday 1st June 2016 we have a new evening Shallow Water Workout class starting.

7.30-8.30pm

This is a 45 minute of low impact exercise class.

Improves stamina, strength and Cardiovascular fitness and is suitable for all ages and abilities.

Shallow water is suitable for pregnant ladies wishing to exercise throughout their pregnancy.

Please speak to the class Instructor on arrival.

Price: £4.40 with a loyalty card and £4.70 without