

AQUAFIT



**EXERCISE CAN BE FUN!
COME ALONG TO ONE OF OUR AQUAFIT SESSIONS.
(Suitable for non-swimmers)**

- Buoyancy lifts and supports the body, giving a wonderful feeling of freedom and providing an environment in which exercise movements and relaxation are easy.
- Water acts as a cushion protecting joints such as the spine and ankles and offers resistance. This means you can tone and develop muscle groups in a low impact environment.
- Water movement around the body has a massaging effect, helping to work the less used muscles during exercise.
- The temperature of most pools means you can work hard without over heating the body.
- It's not necessary to be able to swim - you can also exercise at a pool depth to suit you
- It's a group session so take a friend along for moral support - also a good way to make new ones!
- Aquafit is fun, you are encouraged to enjoy the exercise as much as possible and at the end of the session you have time to relax.
- Cardio vascular fitness is improved through lively exercise movements and enjoyable 'aerobic' routines.

**NO BOOKING NECESSARY
SESSIONS HELD DURING TERM TIME**