

Our warm water exercise classes could be just what you need!

### JOINTS IN MOTION

A class designed for people with joint or arthritic conditions, who may have difficulty exercising on land. It is a therapeutic class aimed at improving strength, endurance and flexibility for the whole body.

### BACKSPLASH

A class which helps reduce the symptoms of acute or chronic back pain including those post surgery. The class aim is to relieve pain while improving strength and flexibility of the spine.

### HIP TO TOE

This class focuses on the hip, knee and ankle. So if that is your problem area or you've had either joint replacement surgery, ACL reconstruction, ligament repair or recovering from fracture, this is the class for you! It aims to have you back on your feet in no time.

### PREGNANT PAUSE

This class is specifically for pregnant ladies over the age of 18, who are more than 14 weeks pregnant. This gentle class will help you maintain fitness whilst reducing back and pelvic pain brought on by pregnancy.

### AQUA FIT

A class suited to anybody wanting to maintain or improve their general fitness. This class aims to provide a fun, relaxed environment for all levels.

### SELF DIRECTED SESSIONS

These enable you to continue your very own water based exercise programme, both independently and safely in our lovely warm pool.

All participants are required to complete a health screen and/or assessment with the physiotherapist prior to starting treatment in the pool.