



Aqua

Activity	When	Where	Cost	Contact
<p>Aqua Aerobics - Backwell</p> <p>A class in its non-weight bearing approach to exercise, using water as resistance to tone up your body. Enjoy this workout to music. 14+</p>	<p>Monday 11.00 – 11.45 & 19.30 – 20.30 Thursday 11.00 – 12 Noon</p>	<p>Backwell Leisure Centre</p>	<p>£5.40</p>	<p>01275 463 726 backwell@legacyleisure.org.uk www.leisurecentre.com/backwell-leisure-centre</p>
<p>Aqua Aerobics – Weston-super-Mare</p> <p>For all those people that enjoy a workout in water to music. This class is unique in it's non-weight bearing approach to exercise using the water as a great resistance to tone up your body. 14 years +</p>	<p>Monday 9.30am-10.15am & 7.00pm-8.00pm Wednesday 7.30pm-8.30pm. Thursday 9.30am-10.15am</p>	<p>Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY</p>	<p>45 mins class £4.15 60 mins class £5.40 Free for Fitness Memberships</p>	<p>Hutton Moor Leisure Centre (01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre</p>
<p>Aqua Aerobics – Portishead</p> <p>Ensures that you use every muscle in your body using the water as resistance. 16+.</p>	<p>Wednesday 12.00 – 12.55 Friday 11.15 – 12.40</p>	<p>Parish Wharf Leisure Centre</p>	<p>£6.30</p>	<p>01275 848 494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre</p>



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<p>Aqua HIIT For all those people that enjoy a workout in water to music. This class is unique in it's non-weight bearing approach to exercise using the water as a great resistance to tone up your body. 14 year+</p>	Friday 11.30am-12.00pm	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£3.90. Free for Fitness Memberships	Hutton Moor Leisure Centre (01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre
<p>Aqua Physical Float Fit A 30 minute class that makes the most of the water's instability, to improve coordination, balance, cardiovascular fitness, strength and overall well being. 14 years+</p>	Tuesday PM Wednesday PM Thursday PM Friday AM <i>Various times available</i>	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£6.10. Free for Fitness Memberships	Hutton Moor Leisure Centre (01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre
<p>Deep Water Aqua Aerobics A low impact class taught using flotation weight belts in the deep end of the pool, where participants are suspended in the water. As you submerge yourself into the deep end of the pool your body becomes nearly weightless, giving you a new kind of workout challenge. 14 years+</p>	Thursday 8.30am-9.15am	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£5.40. Free for Fitness Memberships	Hutton Moor Leisure Centre (01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre



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<p>Swim Fit – A Teacher lead class offering advice to improve your swimming techniques and becoming a more confident swimmer. 16+</p>	Monday 18.30 – 19.30	Backwell Leisure Centre	£5.20	01275 463 726 backwell@legacyleisure.org.uk www.leisurecentre.com/backwell-leisure-centre
<p>Swimability – Freeways Fully accessible warm water pool. We offer also the advice of our experienced physio team to facilitate handling or provide therapy input if required. 0-16 years.</p>	Thursdays – 4pm, 4.30pm, 5pm and 5.30pm	Freeways Hydro Pool, Leigh Court Centre, Pill Road, Abbots Leigh, Bristol, BS8 3RA	£7 For Parent / Carer & child. The sessions are open to new members but please call to book in.	Andy Bunn 01275 376082 hydropool@freeways.org.uk www.freeways.org.uk