

HYDROTHERAPY

GROUP CLASS TIMETABLE

BOOK AT RECEPTION TO SECURE YOUR PLACE



Pool and Full Facility memberships can access up to 3 Healthy Me group classes per week, as well as access to use the Hydrotherapy pool independently during our opening hours.

	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM	Healthy Me: Low Intensity		Healthy Me: Low Intensity	Healthy Me: High Intensity	
9AM					Healthy Me: High Intensity
11AM		T2 Diabetes			
12PM		Healthy Me: Land Based			
5PM			T2 Diabetes		
6PM	Healthy Me: High Intensity		Healthy Me: High Intensity		

Class Descriptions

Healthy Me: Low Intensity (1hr): Recommended for members who are just introducing hydrotherapy into their routine, or for those who are looking for a lower intensity session.

Healthy Me: High Intensity (1hr): Recommended for adults wanting to improve their fitness, mobility & strength in a hydrotherapy setting.

Healthy Me: Land Based (1hr): These classes allow members to complete a gym-based exercise session.

T2 Diabetes (1hr): 8 week program for those who have Type 2 Diabetes. The program includes an initial assessment, 8 group classes and a final report for your GP at the end of the program. A GP referral is required. A visit pass can be purchased to continue classes.

All classes are modifiable to suit your current level of fitness.

