

AQUA JOGGING



Aqua Jogging

Water "Running" is for everyone, a proven method of exercise that is low impact on joints and muscles and very effective due to the water resistance.

It is a good option for all ages and levels of fitness and can be tailored to meet any exercise needs.

We provide Aqua Jogging belts that help with maintaining the proper upright position and support you in the water. Our friendly pool staff will help you to find the correct fit.

Just by walking or jogging regularly you are gaining many benefits:

- **Health and Fitness**
Lose weight, improve fitness and revitalise your workouts with the non impact benefits of Aqua Jogging.
- **Athletic Training**
No matter what your sport, keep yourself in form longer and with fewer injuries.
- **Therapy and Rehabilitation**
Aquatic therapy is proven to be useful in treating a wide range of conditions.

Dedicated Aqua Jogging Session Times

There are dedicated times in our Leisure Pool for Aqua Jogging when there are illustrated instruction signs around the pool for you to try different sorts of exercises.

Monday to Friday: 6am—10am

Weekends & Public Holidays: 8am—10am

Or just jog in the water with your friends or perhaps try Lane Running if the deeper water is not available. We also can arrange one to one Private lessons, guided group sessions and personalised workouts.

Please contact us if you have any queries.

get set to get wet

