

Introducing our Aqua Instructors

We have a variety of Aqua Instructors who each provide a different focus to their classes so that we can offer you a varied timetable and many workout options to choose from.

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Mel: These fun classes focus on improving fitness and body tone while you sing along to all the songs you know.

- Kim: Fat burning is the key to these great classes.

- Cindy: Hard working classes focused on fitness and fat loss.

- Amy: A great class for fitness, fat burning and improving strength.

- Kathy: Catering to all levels of Fitness. Kathy's Rehabilitation Nursing Experience facilitates the ability of each individual to work to their optimum.

[Timetables](#)

[Prices and Passes](#)