




# Seaford Head Swimming Pool Group Exercise Timetable

Starting Monday 4<sup>th</sup> October 2021



Monday			
Time	Focus	Class	Instructor
Evening Session			
19:00 – 19:45		Aqua Fit +	Gail

## Focus Symbol

Cardio			Strength and Core
Dance			Water Based
Holistic			HIIT (High Intensity Interval Training)

For full class descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

\*\*These classes are designed for older adults

\*Ideal for those who cannot stand for long periods or have limited mobility

The class session includes any time taken to set-up and take-down equipment necessary for the activity.  
If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing.

Please note timetable subject to change.