

Deep Water Aqua Jog Class

Aqua Jogging offers you all the benefits of running / jogging but with low impact.

It's friendly on your joints (ankles, knees, hips) which makes it perfect for runners recovering from an injury or those who need to protect their joints.

This is a 45 minute, Instructor led session.

You will be in deep water and wearing a floatation belt (provided).

Suitable for GP Referral customers



**Bookings are
being taken
now
Limited places**



Sessions are on
Mondays
12-12.45pm
at Ibstock Leisure
Complex

Only £4.60
per person,
per session.

- Water is denser than air so you work harder and burn more calories
- The pressure of the water helps your heart pump blood around your body
- There's no pressure to 'go fast'
In essence... Deep Water Aqua Jog is a low impact running session targeting aerobic fitness and core strength



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