

Try a work out in the water

Kaye Stephenson, Principal Aquatics Manager: I mean it's something new, exciting, nothing that's been done in the county before. You're going to get a great workout. We've got aqua cycle, which are the spinning bikes in the water. We've got aqua jump which are little trampolines, little trampettes that stick down in the water and a lot of people have been saying they like the social aspect of coming to the pools.

This will definitely have it. You've got a chance to have a real splash about and get your friends wet as well. You can do moves that you wouldn't normally do on a dry side class because of the buoyancy of the water, it allows you to move in certain ways. You've also got, you know, it takes the pressure off your joints and it relieves that and we've got the added bonus of the hydrostatic pressure. As you move in the water you automatically get like a massage, so imagine you're on the bikes and you're pedalling away, the water's pushing against your muscles giving you a massage and helping to reduce cellulite - which I think is a major selling point.

The specialist equipment we provide, the bikes are all made of aluminium and rust free and very lightweight. The trampolines have suckers on so they stick to the floor, so all you would have to do to come to the class is wear whatever you feel comfortable in. Whether it be shorts and a t-shirt, your gym kit with a vest top and leggings or even your swimming costume and we'll supply you with the correct footwear.