

# West Wave

## hydrotherapy class timetable

### Hydrotherapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	HYDRO FUNCTION		HYDRO FUNCTION		HYDRO FUNCTION
10.30am		HYDRO ACTIVE	HYDRO FUNCTION	HYDRO ACTIVE	
12pm					HYDRO ACTIVE
1pm	HYDRO FUNCTION			HYDRO FUNCTION	HYDRO ACTIVE
2pm	HYDRO FUNCTION				
6pm			HYDRO FUNCTION		

### CLASS DESCRIPTIONS

#### HYDRO FUNCTION (45mins)

The warmth of the Hydrotherapy pool will help to ease those joints into exercise. The water supports your weight allowing you to exercise at full range of motion in a controlled environment. Both the water and equipment used will provide enough resistance to help you achieve your exercise goals.

#### HYDRO ACTIVE (45mins)

A step up from hydro function, this class helps ease those joints into exercise while working at a slightly faster pace. The water supports your weight allowing you to exercise at full range of motion in a controlled environment, while still having fun.