



# Perth Leisure Pool

## Class Activity Programme

live active  
**Fitness**

Ask at reception for more  
information or call  
01738 454654 to book

## Cost per session

£4.50 Live Active Card/£5.50 Standard

£4.00 Senior/£3.50 Concession

Adult swimming lessons must be booked in a block,  
please contact reception for more information.



### AQUAFIT:

MONDAY - 13:00 - 13:30

TUESDAY - 07:00 - 07:45

TUESDAY - 19:30 - 20:30

WEDNESDAY - 13:00 - 13:30

### TUMS, BUMS, N THIGHS:

MONDAY - 18:45 - 19:45

### AQUA BOOTCAMP:

MONDAY - 20:30 - 21:30

### CORE STABILITY:

WEDNESDAY - 19:00 - 19:45

### LADIES GYM NIGHT:

WEDNESDAY - 20:00 - 21:00

### ADULT SWIMMING LESSONS:

WEDNESDAY - 18:05 - 18:35

THURSDAY - 13:00 - 13:30

THURSDAY - 20:30 - 21:30

### SOCIAL CIRCUITS:

MONDAY - 09:30 - 10:00 (Pool)

WEDNESDAY - 11:00 - 12:00 (Gym)

FRIDAY - 09:30 - 10:00 (Pool)

### TOTAL BODY WORKOUT:

FRIDAY - 18:30 - 19:30

Perth Leisure Pool

Glasgow Road

Perth PH2 0HZ

01738 454654



[www.liveactive.co.uk](http://www.liveactive.co.uk)

