



Perth Leisure Pool

Fitness Class Programme

From May 2019

live active
Fitness

Ask at reception for more
information or call
01738 454654

Cost per 1 hour class:
£4.60 LA Card
£4.10 Senior
£3.60 Concession



AQUAFIT	Monday 13:00 - 13:30 Tuesday 07:00 - 07:45 and 19:30 - 20:15 Wednesday 13:00 - 13:30 Thursday 07:00 - 07:45
AQUA BOOTCAMP	Monday 20:30 - 21:30
CORE STABILITY	Tuesday 18:00 - 19:00 Wednesday 19:00 - 19:45
TUMS, BUMS AND THIGHS LADIES GYM CLASS	Thursday 18:45 - 19:45 Wednesday 20:00 - 21:00
SOCIAL CIRCUITS	Tuesday 09:30 - 10:00 (Pool) Wednesday 09:30 - 10:00 (Pool) Wednesday 11:00 - 12:00 (Gym) Thursday 09:30 - 10:00 (Pool) Friday 09:30 - 10:00 (Pool) Friday 11:00 - 12:00 (Gym)
TOTAL BODY WORKOUT	Friday 18:30 - 19:30
ADULT SWIMMING LESSONS (Must be booked in a block please contact reception)	Tuesday 13:00 - 13:30 Wednesday 17:15 - 17:45 Thursday 13:00 - 13:30 and 20:30 - 21:30

Perth Leisure Pool
Glasgow Road
Perth PH2 0HZ
01738 454654

 www.liveactive.co.uk 

