



Perth Leisure Pool

Fitness Class Programme

From October 2018

live active
Fitness

Ask at reception for more
information or call

01738 454654

Cost per 1 hour session
£4.50 LA Card
£4.00 Senior
£3.50 Concession



AQUAFIT

Monday 13:00 - 13:30
Tuesday 07:00 - 07:45 and 19:30 - 20:30
Wednesday 13:00 - 13:30

**AQUA BOOTCAMP
CORE STABILITY**

Monday 20:30 - 21:30
Tuesday 18:00 - 19:00
Wednesday 19:00 - 19:45
Thursday 18:45 - 19:45
Wednesday 20:00 - 21:00
Tuesday 09:30 - 10:00 (Pool)
Wednesday 09:30 - 10:00 (Pool)
Wednesday 11:00 12:00
Thursday 09:30 - 10:00
Friday 09:30 - 10:00 (Pool)
Friday 11:00 - 12:00 (Gym)

**TUMS, BUMS AND THIGHS
LADIES GYM CLASS
SOCIAL CIRCUITS**

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 18:05 - 18:35
Thursday 13:00 - 13:30 and 20:30 - 21:30

Perth Leisure Pool
Glasgow Road
Perth PH2 0HZ
01738 454654

 www.liveactive.co.uk 

