

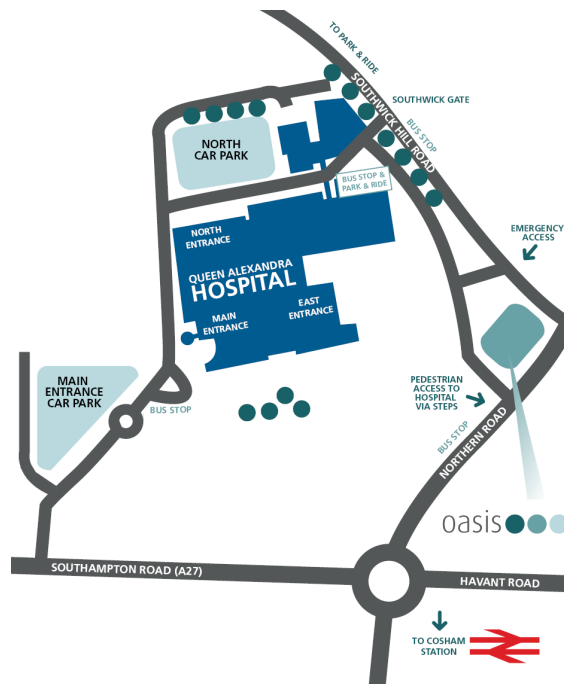


Each Aqua session is £4.50

Aqua Silver membership is available at £30 a month.

(This price includes 3 classes per week.)

If you have any questions regarding the classes please contact the Oasis centre directly where a member of the team will be able to assist you.



OASIS

Queen Alexandra Hospital

Cosham

Portsmouth

PO6 3LY

Phone: 02392 283333

E-mail:

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Queen Alexandra
Hospital

Aqua Silver



Water exercise can benefit a variety of different conditions.

Could Aqua Silver help you?

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CANCER SUPPORT**



Who is it for?

The classes are ideal for people with a variety of different abilities, fitness levels and health conditions:

- Arthritis
- Other Musculoskeletal Disorders
- Rehabilitation of injuries
- Recovery from long term illness
- Gentle start or return to exercise
- Cancer Rehabilitation

Exercising in water is not only safe and enjoyable, but can help people improve their fitness level, strength, flexibility and range of motion.



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How can it benefit you?

Doing exercise in a group is enjoyable and motivational. The gentle exercise pace is a great way to start or resume exercising, increasing your fitness level slowly.

Improvement in muscle strength can be achieved by pushing your arms and legs against the water.

The warm water temperature (typically 31° C) and buoyancy of the water supports your weight, allows your body to relax and improves mobility.

Doing regular exercise improves your well-being and releases those “feel good” hormones.



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When can you start?

Classes are run with up to 24 people at a time, our trainer will take you through a range of exercises to benefit you.

Sessions run on:

Monday: 1000-1040

1100-1140

Wednesday: 1100-1140

Friday : 1000-1040

1100-1140

Please enquire at reception,

or call:

02392 28 3333

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