

Water Workout at East End Pool

Instead of swimming, water workout is a great way of doing aerobic activity but building muscles and stabilising your core.

Booking required.

Last updated: February 4, 2020

Organiser: East End Pool

Useful Organisations

East End Pool

Email: eastend.leisure@gll.org

Website: <http://www.better.org.uk/leisure-centre/newcastle/east-end-pool>

Telephone: 0191 260 0507