

## Water workout

These invigorating, effective, but low-impact workouts in the water are easy on your joints. All levels of fitness welcome.

Better for: Mobility and stress relief.

These classes are held on Mondays, Tuesdays and Wednesday at different times.

Booking required.

Last updated: July 8, 2020

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## Useful Organisations

### Gosforth Leisure Centre

**Website:** <http://www.better.org.uk/leisure-centre/newcastle/gosforth>

**Telephone:** 0191 255 9828