



Waves of Wellness

- ① Sign up to a Good Boost Session at Workington Leisure Centre Today
- ② Start your fitness journey with a tailored workout programme
- ③ Join every week from just £6 per session. Book via the app or by visiting Everyone active Workington Leisure



Soothing Waters Hydro Health

- ① Looking to get back into exercise and improve your health & Wellbeing. Join Good Boost at Workington Leisure Centre today!
- ② Good Boost provides a tailored progressive workout based around your needs
- ③ From just £6 per session. Book online or via the Everyone active App

everyone
ACTIVE


good boost
AQUA



Make Waves Feel Better

- ① Start your exercise & wellness journey today with Good Boost
- ② A tailored exercise & wellness programme to suit your needs
- ③ From just £6 per session. Book online or via the Everyone active App



Waves of Wellness

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers



Soothing Waters Hydro Health

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers

A woman with glasses and a patterned swimsuit is sitting in a swimming pool, holding an orange tablet computer. The background shows other people in the pool and a blue sky.

Waves of Wellness

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers



Soothing Waters Hydro Health

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers



Make Waves Feel Better

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers



Make Waves Feel Better

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers



Waves of Wellness

- ① Ask reception or an instructor to join one of our Aqua Move classes
- ② Aqua Move's award-winning rehabilitation exercise technology creates a personalised programme to suit your needs.
- ③ Follow the exercises at your own pace in the pool, on waterproof tablet computers