



SWIM-SANITY® WORKOUT, what is it?

Popularized by Shaun T and his Insanity video collection, Max interval training (High Intensity Interval Training/ HIIT) has been proven to be very successful in helping people achieve incredible fitness gains over very short periods of time.

Swimming and Aqua classes have always been regarded as the most joint friendly exercise there is, due to the weightlessness in the water. Even aqua aerobics exerts some force on the knees, as half of your body is often above the water. But this is nothing like standard aerobics.

Swim-sanity, developed in London- delivers a high intensity aerobic and conditioning workout class, with much of the forces (caused by gravity) on the bodies joints eliminated. We deliver constant feedback to keep you motivated and ensure technique is correct, Regular attendance to our classes promotes weight loss long after the workout has finished.

The Swimsanity workout utilizes inter-changable drills- this gives participants an effective, mixed ability, aqua-exercise experience every time!

whats more

'Swimsanity classes incorporate swimming stroke techniques to help the body learn the movements required for swimming strokes. Swimsanity is not just a high intensity aqua class for men and women.. it actually can help individuals start to learn to swim.. just through participation in the class.'

High energy music helps you keep working to your full ability.,
Suitable for swimmers and non-swimmers alike.

Perfect for
1-2-1 & group
fitness- aquatic
workouts.

SWIMSANITY 