

Workout Programme

Mon		2.00pm - 2.45pm Water Workout		7.30pm - 8.15pm Water Workout	8.15pm - 9.00pm Water Workout
Tues					
Wed	9.45am - 10.30am Water Workout				
Thur			6.30pm - 7.15pm Water Workout		
Fri	9.30am - 10.15am Water Workout				
Sat					
Sun					

2 months free*

when joining a kinetika gym

Call us NOW and join today!



Aldershot Pools Price Guide

Swimming

Adult	£3.65
Junior	£2.50
Senior Citizen	£2.50
Concession	£1.00

Sunbed

10 Minutes	£6.00
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Health and Fitness

Water Workout	£5.50
Casual kinetika Induction	£20.00
Adult Gym Visit	

Off Peak	£4.40
Peak	£4.70

Concession Gym Visit	£2.50
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All Weather Pitch

Per Hour	£30.00
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