

AQUA CYCLING CLASS INFORMATION

**Classes are held at: Nuffield Health Guildford Fitness & Wellbeing Gym
Railton Road, Queen Elizabeth Park
Guildford, GU2 9LX**

There is no charge for accessing the club and there is plenty of free off-street parking available. You will need to wear your swimming costume, aqua shoes (we sell them in all sizes, but they're widely available to purchase in most sports shops or online) and bring your own towel.

You MUST wear foot covering for the class. You need to bring your own aqua shoes. If needed you can hire a pair of sanitised shoes from us for £2 on the day.

When you arrive at reception, you will need to enter your details in the guest book. You will need to pick up a sanitised key card for the lockers.

NEW COVID-19 SAFETY MEASURES: it is now a legal requirement for us to display the NHS Test and Trace QR code at Nuffield Health as part of Test and Trace. **Please download the NHS COVID-19 app on your smart phone.**

On arrival, please scan the QR code with the NHS COVID-19 app to help us in our efforts to comply with government regulations. You will need to scan the QR code on every visit, you will also need to sign the guest book as usual.

If you don't have a smartphone or don't want to use the app, at every visit you will need to bring with you a photo ID and fill in a guest card providing a minimum of 2 contact methods for you. This process can be quite time consuming and there could be a queue at reception, so please arrive earlier.

We will not be using any equipment in the classes (dumbbells, elastics or floaters). Aqua gloves could be a great way to enhance your upper body workout, but they are not at all necessary.

Arrive ready to work out and on time. Please enter Nuffield Guildford no earlier than 5-10 minutes before the class start time and proceed straight to the changing rooms. Changing facilities are open including showers, but we encourage you to minimise the time you spend there, so whenever possible come ready for the pool. Please note there are no hair driers or spin drier available. ----

Booking is essential to avoid disappointment. Booking are done online through our website; www.wetbikes.co.uk

Alternatively, please email: info@wetbikes.co.uk or ring: 07340 562398

A 12 HOUR CANCELLATION POLICY APPLIES. NO SHOW OR LATE CANCELLATION WILL BE CHARGED.

When booking online please take the time to read our **term and conditions** which include a disclaimer for access to the club and a health questionnaire. Any health issues which could compromise your safety while exercising **MUST** be disclosed to us prior to the class.

You can buy wet-shoes, webbed gloves or one of the original Wet Bikes wet-bags directly from our website



Aqua shoes £10 a pair (available in all sizes)



Wet-bag £6.



If you are buying shoes & bag or gloves & bag £15

Webbed gloves £10 (S,M,L)

Thank you for joining Wet Bikes! We are sure you will have a great time.

The  team