



MOBILITY SESSIONS



The water in the pool is approximately 33°C, allowing your muscles to relax and easing the pain in your joints. When in the water there is a feeling of weightlessness, reducing stress on joints and allowing freedom of movement. The Hydrotherapy Pool can accelerate healing and provide a general sense of well-being. A medical form must be completed before booking!

Monday 2.00pm – 2.40pm

Tuesday 10.00am – 10.40am **NEW**

Wednesday 10.00am – 10.40am **NEW**

Thursday 2.00pm – 2.40pm

Friday 2.00pm – 2.40pm

Please book online : online.highlifehighland.com