

Class Timetable

	Mon	Tue	Wed	Thu	Fri
9:30am	AC		AD	AC	AM AC
10:00am	AR				
10:30am	AR	MW	AR	MW	AR
11:00am					AR
6:00pm	BF	CF	H		
6:30pm		AF		AF	

* Booking required for ALL classes
Please note that classes do not run on public holidays

Aqua Classes

AC AquaCise

Based in the shallow water of the main pool. This class uses equipment, controlled movements and the resistance of the water to help you tone up and keep fit! Suitable for all fitness abilities and ages.

AD AquaDeep

Based in deep water, using a buoyancy belt to offer a weightless workout. A fun, high energy class designed to improve strength, core stability and cardio-vascular levels, whilst offering the benefit of no impact on joints.

AF AquaFit

A high intensity workout in the shallow water of the main pool. A great cross-training alternative using a variety of training methods including; interval training, HIIT and circuit. Designed to blast your muscles, burn calories and increase your cardio-output. Suitable for all Fitness levels as our instructor will offer a variety of options.

AR AquaRehab

Based in our brand new Hydrotherapy pool. A low impact class that helps to increase mobility, strength and flexibility. Specifically designed for those who suffer from arthritis, joint and circulation problems or have limited mobility.

AM AquaMove

A low impact aqua work out class designed to increase confidence in deeper water through a variety of exercises to help improve strength, stamina and joint mobility. The session has been designed as a transition from our AquaRehab class, based in our deep lane.

Fitness Classes

CF CoreFit

Treat your core to a 30-40 minute ab blast workout to help improve core strength and stability. Open to all ages and abilities with every skill able to be scaled up or down to ensure everyone can feel the burn.

H HIIT (High Intensity Interval Training)

Get results in minimal time. High intensity interval training builds cardiovascular fitness, improve strength, build lean muscle and maximise calorie burn. Exercise speed is self-paced, allowing you to control how you exercise.

BF BoxFit

Punch, kick and jab your way through a fun and motivating session to burn calories and build strength. Open to all ages and abilities, every skill can be scaled up and down to suit your ability and fitness level.

MW MoveWell*

Designed to meet the physical needs of older people, participants will do low-impact exercises at their own pace with the direction of a qualified instructor. The many benefits of MoveWell include increased muscle and joint strength, to help prevent falls and increase fitness.

Opening Hours

Monday to Friday

6:00am - 9:00pm

Saturday

8:00am - 6:00pm

Sunday

8:00am - 5:30pm


Public Holidays

11:00am - 6:00pm

Christmas Day & Good Friday

Closed

Horowhenua
DISTRICT COUNCIL

 06 368 0070

 aquatics.horowhenua.govt.nz

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