

Foxton Class Timetable

	10:15am	11:15am	6:00pm
Mon			AC
Tue	AF	AR	
Wed	AC		
Thu			AC
Fri	AC		
Sat	AF		
Sun			

Please note that classes do not run on public holidays.

Aqua Classes

AC AquaCise (55 minutes)

This class uses equipment, controlled movements and the resistance of the water to help you tone up and keep fit!

AF AquaFit (55 minutes)

A great cross-training alternative using a variety of training methods including: interval, HIIT and circuit. Designed to blast your muscles, burn calories and increase your cardio-output.

AR AquaRehab (30 minutes)

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.

Opening Hours

Monday to Friday

11:00am - 7:00pm

Saturday & Sunday

10:00am - 6:00pm

Public Holidays

11:00am - 6:00pm

Christmas Day & Good Friday

Closed

 06 363 5078

 aquatics.horowhenua.govt.nz

 AquaticsHorowhenua

 horowhenua_aquatics_fitness