

Summer Fitness Timetable

	Mon	Tue	Wed	Thu	Fri
7:30am	TBT FB*	H	BF AFL*	CF	H FB*
9:30am	AC CF		AD TBT	AC	AM AC CF
10:30am	AR*	MW	AR*	MW	AR*
12:30pm	H FB*	LBT	CF FB*	LBT	BF FB*
6:00pm	BF	CF FB*	H		
6:30pm		AF	AFL*	AF TBT	

* Limited Spaces Available – please book in at reception for the class

** Assessment prior to attending the class is required – please phone the Levin Aquatics Centre to book in for a free assessment meeting with our qualified instructor

Please note that classes do not run on public holidays

Fitness Classes

CF CoreFit

Treat your core to an ab blast workout to help improve core strength & stability. Open to all ages & abilities with every skill able to be scaled up or down to ensure everyone can feel the burn.

H HIIT (High Intensity Interval Training)

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

BF BoxFit

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

TBT Total Body Tone - New

Circuit based work out designed to improve cardio fitness & strength. Every session will include exercises to ensure the whole body gets a good work out! All exercises can be scaled up & down for all ability levels

LBT Legs, Bums & Tums - New

Exercise class specifically targeting improving strength in the abs, glutes, quads & calves. Open to all ages & abilities.

FB Flex & Balance* - New

A class based on stretching, flexibility & relaxation. Based in the new renovated upstairs room at the aquatics centre, allow your mind & body to relax & recover.

MW MoveWell

Designed to support the fitness, strength & balance of older people. Participants will take part in a range of different exercise activities to improve balance, strength & mobility

PF Pregnancy Fit** - Returning

Pregnancy Fit is back! Based in our new renovated room upstairs at the Levin aquatics centre, maintain fitness in a safe environment for all stages of your pregnancy with our qualified instructor

Aqua Classes

AC AquaCise

Based in the shallow water of the main pool. This class uses equipment, controlled movements & the resistance of the water to help you tone up & keep fit! Suitable for all fitness abilities & 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 & cardio-vascular levels, whilst offering the benefit of no impact on joints.

AF AquaFit

A high intensity low impact work out in the water to music designed to increase cardio fitness & strength. All exercises can be scaled to all abilities

AR AquaRehab*

Based in the hydrotherapy pool. A low impact class that helps to increase mobility, strength & flexibility. Specifically designed for those who suffer from arthritis, joint & circulation problems or have limited mobility.

AM AquaMove

A low impact class for those looking to step up from AquaRehab. Based in deep water, improve joint mobility, improve basic fitness & build strength with the aid of a buoyancy belt

AFL Aqua Float* - New

The latest trend in aqua fitness – a HIIT style class on large yoga mats on the water. Increase your strength coordination & balance!

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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

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