# Class Descriptions

Waterworld's Club Aqua fitness and gymnasium facility provides a great range of new classes for all abilities. Each class aims to improve your fitness, health and well-being. To register, call reception on 07 **958 5860**. Please be in class and ready to exercise by the start time listed on the timetable.

### Aqua Bootcamp
$H_2O$ Bootcamp combines the best water and land training techniques to build a healthy and strong heart and lungs while having fun in the water. You'll put your resistance and stamina to the test and swim your way towards your fitness goals. Must be able to swim. Please bring goggles.

### Aqua Deep
This high-intensity water fitness programme allows you to build strength through resistance training without too much impact on your joints. With the added benefit of expanding your lung capacity, this class is great for the whole body. Must be able to swim and comfortable in deep water to participate in this class.

### Aqua Fit
This is a shallow water (waist height) cardiovascular workout. Low impact, with little choreography, designed to increase the heart rate. Not only is exercising in water good fun, it's also amazingly good for you and comes with benefits its land-based equivalents can't offer. Great workout for abdominals, buttocks and thighs.

### Aqua Jog
Experience a low impact workout that is high intensity and beneficial to a wide range of fitness levels. Using a comfortable buoyancy belt to suspend you, this class will incorporate a variety of exercises designed to increase endurance and mobility. This is a great class for anyone who loves to run or walk but does not want to feel the impact on their joints. Must be able to swim and comfortable in deep water to participate in this class.

### B-Fit
This is a combination of resistance and cardiovascular training designed to keep you moving for 45 minutes. This is a great way to start off the day and burn a ton of calories.

### Dynamic Flexibility
Want to increase flexibility and mobility but yoga and pilates is not your thing? Dynamic Flexibility is for you. This 30 minute class will help increase your flexibility and prevent injury by using techniques to help move your joints through full range of motion.

### Hydro Fit
This water based class is low intensity and is designed to help strengthen, lengthen, and tone muscles. A full body workout that will help mobilise those stiff joints and work on improving your balance and posture. This class will help increase your overall fitness.

### Hydro Yoga
Like most forms of water exercise, aqua yoga is low impact, making it an ideal way for people with joint pain to improve their strength, balance, and range of motion, in warm water alleviating pain or discomfort people may feel when exercising. This class is a great way to energize the body without any additional stress or impact.

### Joints in Motion
This 20 minute class is designed to increase mobility and flexibility of stiff joints impacted by arthritis or other injuries. All fitness levels are welcome!

### Met Con
Punching, kicking, lifting, and sweating - oh my! This class will work your entire body using martial arts and strength exercises to train your entire body!

### Pilates Fit
Pilates focuses on body awareness and good posture while increasing core strength, flexibility, and agility. This class will emphasize the development of strong core stability, breathing, flexibility and balance.

### Pilates Fusion
This class will blend best practices from pilates with other types of restorative and rehabilitation exercises. A great class for anyone who wants to work on their core but also want to focus on flexibility and other injury prevention exercises

### Power Cycle
Power cycle is a great cardiovascular and strength workout. With this high intensity exercise class you will be pushed to your limits just by adding and subtracting resistance.

### Sprint Cycle
This is a 30 minute high intensity interval training cycling class that will help get you fit and ready for summer.

### Yoga Fusion
Suitable for all abilities
Mix up your workout routine with this comprehensive workout that mixes yoga, and other relaxation exercises to bring mindfulness to your exercise routine while improving mobility and flexibility.

### Yogalates
The ultimate workout that incorporates yoga and pilates. A perfect infusion of internal and external exploration, this improves overall health, strengthens, tones, and beautifies the body, and brings quiet, calm, and peace to the mind.

### Zumba
Zumba is a fusion of Latin and International dance routines that are "FUN AND EASY TO DO." The routines feature aerobic/ fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Children 9 years of age and older are welcome to join our family zumba class on Wednesdays at 6pm.

### *60s Forward Aqua Fit
Suitable for all abilities
Work your heart and lungs and tone up with this low-impact workout. Being chest deep in water reduces impact of the exercises on the joints while still getting fit and strong.

### *60s forward Body Conditioning
Suitable for all abilities
Seniors can work out their full body in this toning and conditioning training. The exercises focus on strengthening the body with an emphasis on improving balance, stability and flexibility.

### *60's Forward Zumba
Suitable for all abilities
This low-impact, moderate-intensity class will get you moving to Latin music. For 45 minutes you'll raise your heart rate in the dance and aerobic routines and have fun while doing it!

* Complimentary Tea/Coffee and natter after class.

Group Fitness

# Timetable

**16 OCTOBER - 19 NOVEMBER 2017**

**Waterworld**
Garnett Ave, Te Rapa, Hamilton
**07 958 5860**
**www.hamiltonpools.co.nz**

Waterworld Gym
Hamilton Pools
Hamilton City Council
Te Kaunihera o Kirikiriroa

## Group Fitness

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 6am | | B-Fit 45 | | | B-Fit 45 | |
| 8.30am | Pilates Fusion 45 | | Yoga 55 | | | Yogalattes 55 |
| 9.30am | | Pilates Fit 45 | | Pilates Fit 45 | | |
| 9.40am | | | Joints in Motion 20 | | Joints in Motion 20 | |
| 10.30am | Zumba Gold - 60s Forward 55 | | | Zumba 55 | Body Conditioning - 60s Forward 45 | |
| 5.30pm | | Sprint Cycle 30 | Family Zumba 45 | | | |
| 6pm | | | | Yoga Fusion 45 | | |
| 6.15pm | Pilates Fit 45 | | | | | |
| 6.30pm | | Met Con 45 | Power Cycle 30 | | | |
| 7.00pm | | | Dynamic Flexibility 30 | | | |

## Aqua Class

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| 6.10am | Aqua Jog 45 | | Aqua Deep 45 | Aqua Boot Camp 45 | |
| 9am | Hydro Fit 40 | | Hydro Fit 45 | | Hydro Fit 40 |
| 9.15am | Aqua Deep 45 | Aqua Deep 45 | | | Aqua Jog 45 |
| 10.15am | Aqua Fit 45 | | Aqua Fit - 60s Forward 45 | | |
| 11.15am | | | | | Hydro Fit 40 |
| 11.45am | | | | Hydro Yoga 45 | |
| 5.45pm | | Aqua Jog 45 | | Aqua Jog 45 | |
| 6pm | Aqua Fit 45 | | Aqua Fit 45 | | |
| 6pm | Hydro Fit 45 | | | | |

No classes Monday 23 October (Labour Day)