

# Class Descriptions

Waterworld's 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 at **07 958 5860**. Please be in class and ready to exercise by the start time listed on the timetable.

## IN THE POOL

**Aqua Fit** 45 mins  
This is a shallow water (waist to chest height) cardiovascular workout where you can work at your own level. 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! Suitable for all levels.

**Aqua Deep** 45 mins  
In deeper water, this higher-intensity water fitness programme allows you to improve your fitness and build strength through resistance training without any impact on your joints. **MUST BE WATER CONFIDENT.**

**Aqua Jog (Dive Pool)** 45 mins  
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 WATER CONFIDENT**

**Glide Fit** 45 mins  
Try this new and exciting way to exercise - aquatic based stability training on an unstable surface. It's a full body workout on your own board on top of the water, intended to improve core strength and challenge your balance. Warning - you may get wet but that's part of the fun! Must be able to swim and bookings essential as limited to 20 boards.

**Hydro Fit** 40 mins  
This water-based class in warm water 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 and overall fitness. Water temperature 33 degrees.

## IN THE STUDIO

**Body Conditioning** 55 mins  
Suitable for all levels including seniors! A full body workout this class focuses on strengthening and toning the body with an emphasis on improving strength, balance, stability and flexibility.

**Core Fit** 30 mins  
A half hour blitz of your core muscles, front and back, to help you strengthen and stabilise.

**Cycle Fit** 45 and 55 mins  
A non-impact workout that is suitable for anyone who can ride a bike. Ride, race, climb and chase. Get fitter, strengthen your legs and burn a heap of calories. The ultimate group cycling experience to motivating music!

**HIIT** 45 mins  
High Intensity Interval Training this workout trains your whole body! It gets you fit, strong and makes you sweat using a variety of equipment.

**Pilates Fit** 55 mins  
Pilates focuses on body awareness and good posture while increasing core strength, mobility, stability and flexibility.

**Step Fit** 45 mins  
Using a platform you will be stepping up and down to the beat of the music. A great way to improve your cardio fitness and work your legs and glutes.

**Yoga** 55 mins  
A total mind and body experience to invigorate the body and calm the mind!

**Zumba** 55 mins  
Zumba is a fusion of Latin and International dance routines that are fun and easy to follow.

## VIRTUAL CLASSES WITH FITNESS ON DEMAND

**AXIS** - a 30 min class focusing on your core.

**BOOTY SHAKE** - tone and lift that butt.

**BOX HIT** - intense shadow boxing in an interval training format.

**POWER STEP** - an athletic workout on and off the step.

**REV** - an interval training class on a bike.

**RIP** - get functionally strong through a barbell strength workout.

**WAR** - mixed martial arts that is easy to follow.

# Group Fitness Timetable

5 November 2018 +



NEW GLIDE FIT CLASSES!



Waterworld Gym

Hamilton Pools

Hamilton  
City Council  
Te Kaitiaki o Hamilton

# Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		Cycle Fit		Cycle Fit	HIIT		
8.30am						Cycle Fit	
9.30am		Pilates Fit	Pilates Fit	Pilates Fit	Step Fit		
10.30am	Body Conditioning	Yoga			Body Conditioning		Yoga
5.45pm		Cycle Fit		Cycle Fit			
6.00pm	Pilates		Zumba				
6.30pm		Core Fit		Yoga			

# Aqua Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00am	Aqua Jog	Glide Fit	Aqua Jog	Glide Fit	
9.10am	Hydro Fit	Aqua Jog	Hydro Fit	Aqua Jog	Hydro Fit
9.15am		Aqua Fit		Aqua Fit	
10.30am		Aqua Deep	Aqua Deep	Aqua Deep	Glide Fit
5.45pm	Glide Fit	Aqua Jog	Glide Fit	Aqua Jog	
6.30pm	Aqua Fit				
7.00pm		Hydro Glide		Hydro Glide	

### Staffing Hours

Mon-Thurs 5.30am-9pm  
 Friday 5.30am-5pm  
 Saturday 7am-1pm  
 Sunday 9am-1pm

### Public Holidays

No staffing available for both the Gym and Group fitness classes.

Please remember to book time in with your gym instructors - we are here to help: programmes, technique advice or just some ideas on new exercises.

### KEY:

Gallagher Aquatic Centre

50m Pool

Dive Pool

Hydro Pool