

# 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 (50m Pool)** 45 mins  
This is a multi level cardiovascular workout where you can work at your own level. A full body workout with almost no impact, and little choreography, designed to increase the heart rate and tone the entire body. **MUST BE WATER CONFIDENT. NEW POOL DEPTH 1.45-1.6m Suitable for 60's Forward participants.**

**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!**

**Aqua Lite (Hydro Pool)** 40 mins  
This low intensity class in warm water is designed to help rehabilitate those with ailments. A gentle full body workout that will help those stiff joints and work on improving your balance and posture and overall fitness. Water temperature 33.5 degrees.

**Aqua Zumba** 45 mins  
It's as much fun as Zumba on land without the impact on our joints. Dance your way towards a fitter and happier you!

**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 in class. Workout variances include Glide HIIT, Glide Yoga and Glide Conditioning.

## IN THE STUDIO

**Body Conditioning** 60 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.

**Cycle Fit** 45 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 where work is followed by rest and then repeated over and over. This workout trains your whole body! It get's you 'fit', strong and makes you sweat using a variety of equipment.

**Pilates Fit** 60 mins  
Pilates focuses on body awareness and good posture while increasing core strength, mobility, stability and flexibility. **Suitable for 60's Forward participants.**

Garnett Avenue  
Te Rapa  
Hamilton  
**hamiltonpools.co.nz**  
07 958 5860  
Gym office 07 929 2718

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

**Zumba** 60 mins  
Zumba is a fusion of Latin and International dance routines that are fun and easy to follow.

**Zumba Gold**  
As above at a slower pace and lower intensity. **Suitable for 60's Forward participants.**

# Group Fitness Timetable

WINTER 2019



# Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	Cycle Fit	HIIT	Cycle Fit		Cycle Fit		
9.15am	Pilates Fit	Pilates Fit	Pilates Fit	Pilates Fit	Step Fit		
10.30am	Body Conditioning	Yoga			Body Conditioning		Hatha Yoga
5.30pm		Cycle Fit		Cycle Fit			
6.00pm	Pilates		Zumba				
6.30pm				Ashtanga Yoga			

# Aqua Class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00am	Aqua Jog		Aqua Jog	Glide HIIT	
9.00am		Aqua Fit		Aqua Fit	
9.00am	Aqua Lite		Aqua Lite	Aqua Lite	Aqua Lite
9.15am		Aqua Jog		Aqua Jog	
10.00am		Aqua Zumba		Aqua Zumba	
10.30am	Aqua Fit		Aqua Fit		Aqua Jog
5.45pm		Aqua Jog		Aqua Jog	
6.30pm	Aqua Fit				

### Staffing Hours

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

### 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.

Personal Trainers available by appointment.

**Note:** Hamilton Pools reserve the right to cancel classes due to low numbers.

<b>KEY:</b>	Gallagher Aquatic Centre	50m Pool	Dive Pool	Hydro Pool
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