

# 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 book, call reception at **07 958 5860** or come in and put your name on the class booking sheet.

Garnett Avenue  
Te Rapa  
Hamilton

**Gym office 07 929 2718**

## 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**

**Aqua Jog (Dive Pool)** 45 mins  
Experience a 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 CONFIDENT IN DEEP WATER!**

**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!  
**(Gallagher pool only)**

## IN THE STUDIO

**Body Conditioning** 45 mins  
Suitable for all levels including seniors! A full body workout this class focuses on toning the entire body with an emphasis on improving strength, fitness, 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** 45 mins  
Pilates focuses on body awareness and good posture while increasing core strength, mobility, stability and flexibility.

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

**Yoga Flow** 45 mins  
Increase your strength, flexibility and mobility with a flowing combination of yoga, pilates and tai chi.

## CLASSES SUITABLE FOR 60+ MEMBERS:

- Aqua Fit
- Aqua Lite
- Aqua Zumba
- Pilates Fit
- Yoga

## BOOTCAMP

Talk to a gym instructor to find out when the next course is!

# Group Fitness Timetable

3 August 2020 +



**Waterworld Gym**

Hamilton Pools



Hamilton  
City Council  
Te Kaitiaki o Hamilton

# Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	Cycle Fit	HIIT		HIIT	Cycle Fit		
9.00am	Body Conditioning	Pilates Fit	Pilates Fit	Pilates Fit	Yoga Flow		
10.00am	Yoga Flow	Yoga		Body Conditioning			Hatha Yoga
5.45pm	Pilates		Cycle Fit	Yoga			

# Aqua Class

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

**KEY:** Gallagher Aquatic Centre   Dive Pool   Hydro Pool

### Gym Hours

Mon-Fri: 5.30am-8pm  
 Saturday: 7am-7pm  
 Sunday: 9am-7pm

### IMPORTANT

Please bring own mat and towel for class

Pre-booking of classes essential

**Personal Trainers available by appointment.**  
 Call Gym 07 929 2718

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