

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.

IN THE POOL

Aqua Fit 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.
(Gallagher pool only)

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.

IN THE STUDIO

Body Sculpt 45 mins
A fun and choreographed full body workout, this class focuses on toning the entire body with an emphasis on improving strength, fitness, stability and flexibility.

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

Gallagher Aquatic Centre
Collins Road
Melville
07 958 5890
Waterworld
Garnett Avenue
Te Rapa
Hamilton
Gym office 07 929 2718

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

Yoga Flow 45 mins
A flowing combination of yoga and pilates poses choreographed to music.

Tai Chi 60 mins
A series of slow, flowing exercises that combine movement, meditation and rhythmic breathing to enhance physical ability, boost mood and strengthen the immune system.

Group Fitness Timetable

3 May 2021



CLASSES SUITABLE FOR 60+ MEMBERS:

- Aqua Fit
- Aqua Lite
- Pilates
- Yoga
- Tai Chi



Group Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	HIIT		HIIT		HIIT		
9.00am	Body Sculpt	Pilates	Pilates	Pilates	Yoga Flow		
10.00am	Yoga Flow	Yoga	Tai Chi	Body Sculpt	Pilates		Yoga
5.45pm	Pilates		Yoga	Tai Chi			

Aqua Class

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

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.

KEY:

Gallagher Aquatic Centre

Dive Pool

Hydro Pool

50m Pool