



Media release

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## **Aqua Zumba brings the party to the pool**

The latest pool fitness trend has hit Selwyn, with Aqua Zumba classes now being offered at the Selwyn Aquatic Centre.

Aqua Zumba is an exciting and energetic Latin-inspired dance and fitness program which uses your body's increased buoyancy and flexibility as you move to the music.

This version is a spinoff of the land-based Zumba dance program which includes dance steps from cha-cha, salsa and reggae. Over the past twenty years, around 14 million people have used the original fitness program worldwide and Aqua Zumba is now gaining popularity too.

"Aqua Zumba is a great way to keep fit and have fun at the same time. We have had a fantastic turnout to the sessions so far so it looks like the classes will be popular with the community," says Kathy Moore, Aquatic Facilities Manager.

"The great thing about Aqua Zumba is you are essentially dancing under water but it takes away all the embarrassment of getting a move wrong because no one can see a mistake," she says.

The Selwyn Aquatic Centre offers three other types of Aqua Fitness classes as well - High Energy Water Workout, Aquafit for Life and Hydrotone.

High Energy Water Workout is a high intensity cardio and endurance class with exercises to sculpt and tone muscles - perfect for anyone wanting a 'full on' workout.

Aquafit for Life is a perfect class for a mid-intensity workout. It has a range of activities to increase general mobility and flexibility as well as cardio vascular fitness and is suited to people looking to ease back into exercise.

Hydrotone classes are held in the hydrotherapy pool and are particularly beneficial for those with joint mobility, limited flexibility, arthritis and people recovering from an injury or surgery. This is a gentle class which helps build strength, balance and tone.

"Our Aqua Fitness programme has a wide variety of options and now, with this additional Aqua Zumba class, there are even more opportunities to get involved and keep fit," says Kathy Moore.

Classes run during the week, with the new Tuesday night Aqua Zumba class held at 7.15-8pm. Aqua Zumba classes cost \$9 and a concession card for ten classes is available for \$81. A class timetable is available online at [www.selwyn.govt.nz/sac](http://www.selwyn.govt.nz/sac).

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