



Media release

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Shape up for summer with Aquafitness classes

Shape up and keep fit while staying cool over summer by joining an aquafitness class at Selwyn Aquatic Centre.

“Aquafitness classes are a great way to help you get fit in a supportive environment while having fun at the same time,” says Amanda Taylor, Aquafitness Instructor at the Selwyn Aquatic Centre. “Exercising in water is ideal as it puts far less pressure on muscles and joints than other cardio activities. It’s also a great form of exercise in summer when it is too hot outside for other forms of exercise,” she says.

The Selwyn Aquatic Centre offers three types of Aquafitness classes: High Energy Water Workout, Aquafit for life and Hydrotone.

Aquafit for life provides a lower impact workout which is particularly suited to people looking to ease back into exercise. The class increases general mobility and flexibility as well as cardiovascular fitness. It is a mid-pace session that is lots of fun and has activities for all levels.

High Energy Water Workout is designed for people wanting anything from an extra push to a 'full on' workout. It is a high intensity cardio and endurance session including exercises to sculpt and tone muscles.

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

“If you’ve never tried Aquafitness before, now is a great time to give it a go,” says Amanda. “You don’t need to sign up for a series of classes you can just turn up and have a go at a class you’re interested in.”

Classes run during the week, with a Wednesday evening High Energy Water Workout class held at 6.45pm. Sessions break for Christmas on 24 December and resume on 7 January. A class timetable is available online at www.selwyn.govt.nz/sac.

Ends

For more information, contact:

Kathy Moore
Selwyn Aquatic Centre
Phone 03 347 2929
Kathy.moore@selwyn.govt.nz