



Media Release

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Stay fit with Aquafitness classes

Aquafitness classes at the Selwyn Aquatic Centre will start from Thursday 11 July.

High Impact and 50 plus low impact classes will be offered at the new centre.

Selwyn Aquatic Facility Manager Kathy Moore says the classes will offer people an opportunity to stay fit, have fun and keep cool while working out.

"We are very pleased to be able to offer aquafitness classes at the centre as this form of exercise has not been available year round to Selwyn residents before," she says. "We know there is a demand for classes as we've had many people wanting to know when classes will start."

Ms Moore says that exercising in water puts less stress on the body than running or working out as the water supports body weight so the risk of injury is low. "Low impact aquafitness classes are also a great way to keep active for older people," she says.

Active high impact classes cost \$9 or \$81 for 10 classes. 50+ low impact classes cost \$6 or \$54 for 10 classes. Pool members will receive a discounted rate.

A timetable for classes for the next three weeks is available online at www.selwyn.govt.nz/sac. Additional daytime and evening classes and water jogging classes will be offered once instructors are recruited. Timetables for later weeks are currently being prepared.

For more information please contact:

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