






















AQUA FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45am					 30 MINUTES
9.30am	 45 MINUTES	 45 MINUTES	 45 MINUTES	 45 MINUTES	 45 MINUTES
9.30am				 45 MINUTES	
10.30am	 30 MINUTES	 45 MINUTES	 30 MINUTES	 45 MINUTES	 45 MINUTES
10.30am					 45 MINUTES
12.15pm		 30 MINUTES			
1pm		 45 MINUTES			
6.15pm		 45 MINUTES	 45 MINUTES	 30 MINUTES	
7pm	 45 MINUTES			 45 MINUTES	
7.15pm			 45 MINUTES		

Hydrotherapy pool is closed to public during Hydro Health and Hydro Tone classes

Casual – \$9

Gold Card/Community Services (with ID) – \$6

Concession cards available, buy ten classes and only pay for nine.

Booking for some classes compulsory. For more information visit selwyn.govt.nz/sac.

AQUA FITNESS CLASSES



A low impact class designed to increase balance, flexibility, functional strength and co-ordination. This class suits rehab and recovery, injury and fall prevention and helps improve restricted range of movement. Water 35–36 degrees.

30 minutes



A gentle exercise class with stretches and resistance based activities in shallow water. This class is designed to increase strength and coordination. A low intensity workout focusing on toning and strengthening. Water 35–36 degrees.

45 minutes



A fun, high energy class with a mix of cardio and strength based movements. This class is designed to increase both fitness levels and strength. Water 27–28 degrees.

45 minutes



An intense, energetic class designed to push you to your limits! With a strong emphasis on cardio and limited rest breaks, designed to raise your heart rate through dynamic movement in the deep water (aqua belt optional). Water 27–28 degrees.

45 minutes



High-Intensity Interval Training (HIIT) is the fastest way to improve your fitness level. Intense bursts of exercise followed by short periods of recovery, allowing your body to reach its maximum training zone. Water 27–28 degrees.

30 minutes



A class specifically designed for expectant mothers to get a low-medium level intensity work out. Perfect for any stage of pregnancy or fitness level.

45 minutes



The perfect opportunity for parents and caregivers to get a great workout, while keeping baby engaged and entertained. Baby will enjoy a fun water experience, while parents and caregiver can improve their fitness level and strength. Suitable for babies from 6 months up to 3 years. **45 minutes**