

Aqua Class Timetable

Term 4 2020
Mon 12 Oct - Fri 18 Dec

Wanaka Recreation Centre
QUEENSTOWN LAKES DISTRICT COUNCIL

	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 am - 8.45 am	AQUA FIT w/ Gwen		AQUA FIT w/ Gwen		AQUA FIT w/ Sarah
6:30 pm - 7:15 pm		AQUA HIIT w/ Sarah - Learners Pool	AQUA HIIT w/ Sarah - Learners & Lap		
7:15 pm - 8:00 pm	AQUA BOARDS w/ Gwen - casual*				
7:30 pm - 8:15 pm		YOU & ME w/ Sarah - maternity			

* NO CLASSES ON PUBLIC HOLIDAYS*

Aqua Boards - 8 available - book in weekly for your spot!

You & Me - maternity class - now book in weekly!

All enquiries & bookings @ Reception.

E: wrc@qldc.govt.nz

P: +64 3443 9334

Aqua Class Descriptions

AQUA FIT	<p>Aqua Fit is a medium energy workout that is joint friendly. Popular and suitable for all ages and abilities. Movements can be taken at your own speed. Lots of fun and suited to those who enjoy exercising to music.</p>
AQUA HIIT	<p>Aqua HIIT is a high energy water based workout that guarantees to get your heart pumping. With a combination of bursts of intense exercise and varying rest periods, this class is a fun way to exercise.</p>
AQUA BOARDS	<p>Aqua Boards is a full-body workout mixing high intensity and yoga-inspired exercises. Standing on a board on top of the water, your body and core are continually challenged. Feel free to wear shorts/rashies over your togs. If you're not falling in, you're not trying hard enough!</p>
YOU & ME	<p>You & Me is designed exclusively for expectant mums. Keeping active during pregnancy is important for you and for your unborn child. Classes are led by our experienced instructor who will ensure you exercise safely. Set in a fun, relaxed and supportive group environment.</p>