








# AquaActive

**Greerton Aquatics & Leisure Centre – 1 Kiteroa Street, Greerton | 07 577 8552**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.15 - 10.00am	 <b>AQUA FIT</b>	 <b>AQUA FIT</b>	 <b>AQUA FIT</b>	 <b>AQUA FIT</b>	 <b>AQUA BLAST</b>	
6.15 - 7.00pm		 <b>AQUA BLAST</b>				

**Otumoetai Pool – 77 Windsor Road, Bellevue | 07 577 8553**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10.00 -10.45am						
11.15 - 12.00pm			 <b>AQUA FIT</b>			

# CURRENT CLASSES

Reach your fitness goals faster and safer with aqua workouts.

## **AQUA – FIT** *Low impact | Medium intensity*

Full body workout designed to increase your strength, fitness, and mobility. This class usually begins with cardio follow up with strength and finish is with full body stretch. Different types of dumbbells will be available for you.

## **AQUA – BLAST** *Low impact | Medium - high intensity*

High intensity shallow water exercises, challenging, yet fun. Cardio, strength, flexibility - this class has it all. You will be using dumbbells & resistance bands to increase cardiovascular endurance and tone muscles.