

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00 - 7.45am						
8.00 - 8.40am	 <b>AQUA FIT</b>	 <b>AQUA BLAST</b>	 <b>AQUA BLAST</b>	 <b>AQUA BLAST</b>	 <b>AQUA FIT</b>	
8.15 - 9.00am						 <b>AQUA BLAST</b>
8.45 - 9.25am	 <b>AQUA BLAST</b>	 <b>AQUA FIT</b>	 <b>AQUA FIT</b>	 <b>AQUA FIT</b>	 <b>AQUA BLAST</b>	
9.30 - 10.15am	 <b>AQUA DEEP</b>		 <b>AQUA DEEP</b>		 <b>AQUA DEEP</b>	
1.30 - 2.10pm		 <b>AQUA FIT</b>				
1.40 - 2.20pm				 <b>AQUA FIT</b>		
5.00 - 6.00pm						

Please note: Aqua group classes do not run on public holidays. Ask reception for more information on the 28 Aqua group classes available city wide.

[taurangapools.co.nz](http://taurangapools.co.nz)

# ***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 | 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.

## **AQUA – DEEP** *Low Impact | High intensity*

These classes bring additional swimming element and make for a more intense workout. You'll burn more calories as for this class you will need to be a confident swimmer. Dumbbells, noodle and for those who like extra support belt is available.