






# Aquarobics

























This is a low impact but high energy form of exercise. It's great for non-swimmers, anyone nursing an injury, and general fitness. All classes are 45 minutes long.

<b>AQUA-EASE</b>    <b>Intensity:</b> Low-Medium	This class offers a low to medium intensity workout ideal for beginners, seniors and those recovering from injury. It aims to improve core stability, coordination, agility, muscular strength and overall flexibility with the use of equipment.
<b>AQUA-JOGGING</b>    <b>Intensity:</b> Low-Medium	This class caters for all fitness levels. It is a deep water work out with the aid of a flotation belt. It is a non impact class, but still challenging and requires no swimming skills.
<b>AQUA-COMBO</b>    <b>Intensity:</b> Medium-High	This class offers a medium to high intensity workout to improve core stability, agility, muscular strength and overall flexibility. It is technique based with the use of equipment.

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## Timetables

DUDLEY PARK AQUATIC CENTRE						
Time	MON	TUES	WED	THU	FRI	SAT
9am						
12pm						
7pm	 7.15pm					
KAIAPOI AQUATIC CENTRE						
Time	MON	TUES	WED	THU	FRI	SAT
8.30am						
9.30am						
7pm						

 Aqua-Ease    
  Aqua-Jogging    
  Aqua-Combo

## Prices

Aquarobics	Standard	CS*/Senior
Regular casual entry	\$11.10	\$8.40
Regular 10 concession	\$98.00	\$73.50
Regular 20 concession	\$177.90	\$133.50

All concession cards have a one year expiry from date of purchase. CSC = discounted rate applies to Green Prescription, Community Services, Hapai and Gold cards. Credit card surcharge applies.