

# **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.

## **AQUA-EASE**

Intensity: 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.

#### **AQUA-JOGGING**

Intensity: 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.

### **AQUA-COMBO**

Intensity: Medium-High



This class ofers 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.

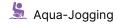
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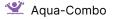
# **Aquarobics**

### **Timetables**

DUDLEY PARK AQUATIC CENTRE								
Time	MON	TUES	WED	THU	FRI	SAT		
9am	· <b>*</b>	<b>Q</b>	<b></b>	5		· <b>Y</b>		
12pm				<b>Q</b>				
7pm	7.15pm	· • • • • • • • • • • • • • • • • • • •		· <b>W</b>				
KAIAPOI AQUATIC CENTRE								
Time	MON	TUES	WED	THU	FRI	SAT		
8.30am								
9.30am	<b>Q</b>	. <u>~</u>	<b>Q</b>	<b>.</b>	· <u>~</u>			
7pm			· <b>Y</b>					







## **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.

**Dudley Park Aquatic Centre Kaiapoi Aquatic Centre Oxford Community Aquatic Centre**  47 Church Street, Rangiora 9 Cass Street, Kaiapoi **Burnett Street, Oxford** 

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