



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



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.

Intensity: Low-Medium

AQUA-JOGGING



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.

Intensity: Low-Medium

AQUA-COMBO



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.

Intensity: Medium-High

Aquarobics

Timetables

Class duration: 45 minutes

DUDLEY PARK AQUATIC CENTRE						
Time	MON	TUES	WED	THU	FRI	SAT
9.00am						
12.00pm						
7.00pm	 7.15pm					

KAIAPOI AQUATIC CENTRE						
Time	MON	TUES	WED	THU	FRI	SAT
8.30am						
9.30am						
7.00pm						



AquaEase



AquaJogging



AquaCombo

Prices

Aquarobics	Standard	CS*/Senior
Regular Casual Entry	\$10.20	\$7.70
Regular 10 Concession	\$90.40	\$67.80
Regular 20 Concession	\$164.00	\$123.00

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.