

# Otara Pool and Leisure Centre group fitness timetable

## Group Fitness classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.30pm			METAFIT	CIRCUIT	
6pm	METAFIT				
6.15pm			BOXFIT		

## Aqua classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am			AQUAWORKS™ CIRCUIT		AQUAWORKS™ HIIT

## CLASS DESCRIPTIONS

### AQUAWORKS™ HIIT (45mins)

Bring your energy to this workout! This high intensity interval training class is designed with timed intervals to blast your muscles, burn calories and increase your cardio output.

### AQUAWORKS™ CIRCUIT (45mins)

Get in the pool and get fit with AQUAWORKS™ ! This class uses equipment, controlled movements and the natural resistance of the water to help you tone up and work out.

### BOXFIT (60mins)

Bring your workout up close and personal! BoxFit combines circuit training, kicking, power and agility to give you a dynamic cardio experience like no other. Wraps must be worn.

### CIRCUIT (45mins)

Adaptable for all fitness levels, Circuit demonstrates simplicity in fitness to energising sounds with alternating bursts of cardio exercises and toning weight stations.

### METAFIT (30mins)

A 30-minute bodyweight training system that gets results!! It's a functional and effective metabolic workout that will change the way you train.