

Moana-Nui-ā-Kiwa Pool and Leisure Centre group fitness timetable

Group Fitness classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.30pm	METAFIT		METAFIT			9am	METAPWR
6pm	METAFIT		METAFIT	BOXFIT	FRIDAY FINISHER		

Aqua classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11am		AQUA KARATE			
11.15am					AQUA HIIT

CLASS DESCRIPTIONS

AQUA 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.

AQUA KARATE (60mins)

This class packs a punch! Using traditional karate methods and techniques, Aqua Karate will have you punching, kicking and striking your way to strength, fitness and a strong core. The class is equipment and contact-free, apart from the water!

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.

FRIDAY FINISHER (60mins)

A fun workout - usually cardio - to round off your week.

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.

METAPWR (30mins)

Take your conditioning workouts to another level with MetaPWR! Build muscle, burn fat and improve fitness with this unique 30-minute metabolic resistance workout!