

Takapuna Pool and Leisure Centre group fitness timetable

Group fitness classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am	SWIM FIT (term time only)				
6pm			BOXFIT (term time only)		

Aqua classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
10.30am		AQUA SHALLOW	AQUA SHALLOW	AQUA SHALLOW	AQUA SHALLOW	10.30am	AQUA SHALLOW
7.30pm			AQUA SHALLOW				

CLASS DESCRIPTIONS

AQUA SHALLOW (60mins)

Get in the pool and get fit with Aqua Shallow! Held in the shallow end of the pool, this class uses equipment, controlled movements and the natural resistance of the water to help you tone up and work out.

BOXFIT (60mins)

Workouts with emphasis on improving boxing technique and boxing style training (High Intensity Training). Pads will be supplied to members and also gloves will be available to borrow if you don't own any. Bringing your own gloves is advised and boxing wraps are a requirement for protection and hygiene reasons. Classes run during the school term only.

SWIMFIT (60mins)

Train with our specialist coach Dean for ocean swimming, triathlons and overall fitness. Improve your technique and swimming times. Sessions focus on advice and drills with two lanes running with distance options approximately 2km/4km. Please note that these sessions are not learn to swim lessons. Classes run during the school term only.