

# Manurewa Pool and Leisure Centre group fitness timetable

## Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am	AQUAWORKS™ HIIT		AQUAWORKS™ HIIT		AQUAWORKS™ HIIT
6pm		AQUAWORKS™ HIIT	AQUAWORKS™ HIIT	AQUAWORKS™ HIIT	

## Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.45am	METAFIT	METAPWR	BOXFIT		BOOTCAMP
6am				ABS	
9.30am	HIIT	HIIT	HIIT		BOXFIT
6pm	BOXFIT	CIRCUIT	METAFIT	METAPWR	

## 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.

### ABS (30-45mins)

Focus on your core and all of you will benefit! Abs does exactly what it says on the tin. Strengthen your middle and improve your posture with this fantastically focused workout.

### BOOTCAMP (30-45mins)

Military style training and basic fitness drills to drive your fitness forward. All fitness levels welcome.

### 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.

### HIIT (30-45mins)

A workout consisting of cardiovascular conditioning, strength training and stretching. The instructor will vary the exercises and format every workout so no two sessions are the same.

### 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!