



Kāpiti Coast Aquatics

AQUAPROGRAMME SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am		AquaEase			
9.15am	AquaFit - High	AquaFit Deep	AquaFit - High	AquaFit Deep	AquaFit - High
9.45am		AquaEase			
10.30am	AquaFit - Low	AquaEase	AquaFit - Low		AquaFit - Low
11.30am	AquaMove				
1.00pm		AquaMove			
1.45pm		AquaMove			
2.30pm		AquaMove			
7.15pm	AquaFit - High				

** Enrolment required for term based lessons

* All classes are 45 minutes long. Please note that our Aqua classes do not run on public holidays

AquaProgramme Descriptions

These 8-10 week prescribed exercise programmes are delivered during the school term and taught by our professional instructors.

Spaces are limited and enrolment is required.

AquaEase

Ideal for those recovering from injury, or who suffer from Arthritis or a similar condition—AquaEase helps relieve aches & pains, and gain strength. Enjoy warm water weightlessness as you're guided through gentle movement patterns specifically designed to improve and aid mobility. Max. 9 people per class.

AquaMove

The next step in your wellness journey is AquaMove. These lessons focus on balance, core strength and flexibility. This low impact class will remind you what it feels like to 'move' again as you enjoy the sensation of reawakening your stronger, more flexible body. Max. 9 people per class.

AquaFit classes are a fun way to improve your overall health and fitness. Taught with music by our professional instructors. There is a class for all levels of fitness and are payable on a casual basis.

AquaFit - Low

A moderate intensity, minimal impact class designed with your joints in mind. Your knees will thank you as you enjoy the weightlessness and resistance of the water while improving fitness and toning muscles.

AquaFit - High

A high intensity, heart pumping workout. Increase your cardio fitness, gain strength and tone muscles during a sessions where all exercises can be scaled to suit your ability.

AquaFit Deep

A no impact, high intensity workout taught in deep water with buoyancy belts. Improve core stability, endurance and cardio fitness