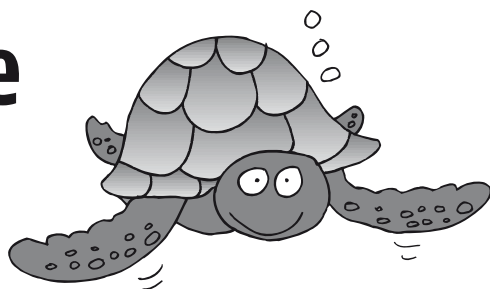


Karori Pool

Aquafitness class timetable



Pregnancy Aqua (45 minutes)

Sunday 7pm

This class caters for ante-natal and post-natal fitness and for people who are just starting to workout. It incorporates gentle exercise to help improve your posture, fitness levels, circulation and sleep. It aims to maintain ultimate health and fitness both before and following your pregnancy.

Aqua Deep (45 minutes)

Thursday 7.30pm

A high intensity workout in deep water using an aqua jogging belt and incorporating cardiovascular fitness/fat burning exercise, muscle conditioning and toning.

Ezy Movers (45 minutes)

Wednesday 10am

A fun easy-paced, low-impact shallow water class that improves range of motion, flexibility, strength and cardiovascular endurance. Suitable for all ages and abilities.

Prices

Casual	\$10.30
10 class concession	\$92.70
Casual Leisure Card*	\$5.20
10 class concession Leisure Card*	\$52

No classes on public holidays, or during school holidays.

*Leisure Card

The Wellington City Council scheme that allows people on low incomes and people who meet other criteria discounted entry into a range of recreation and leisure services. Phone 499 4444 or go to Wellington.govt.nz to see if you are eligible.

Karori Pool

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Wellington.govt.nz