



KARORI AQUAFITNESS CLASSES

As of 21 January 2014

Absolutely
POSITIVELY
ME HEKE KI PŌHEKE | **Wellington**
WELLINGTON CITY COUNCIL

Ezy Movers

Wednesday 9.45am

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.

Aqua Deep

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.

Prices

Casual	\$10.70
10-class concession	\$96.30
Casual Leisure Card*	\$5.40
10-class concession Leisure Card*	\$54

All classes 45 minutes. 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

22 Donald Street, Karori

Phone 476 5400, fax 476 5409

Email karori.pool@wcc.govt.nz

Wellington.govt.nz