



Tawa Pool

Aquafitness classes

Aquafit

Monday 7.30pm, Thursday 6am, Saturday 8am

A shallow-water class suitable for all levels and abilities, incorporating cardiovascular fitness/fat burning exercise, muscle strengthening and toning. **1 hour**

Ezy Movers Aqua

Monday, Wednesday and Friday 9.15am

A fun, easy-paced, low-impact shallow water exercise class, incorporating cardiovascular fitness/fat-burning exercise, muscle conditioning and stretching.

45 minutes

Prices

Casual	\$11.00
10-class concession	\$99.00
Casual Leisure Card*	\$5.50
10-class concession Leisure Card*	\$55.00

No classes on public 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 04 499 4444 or go to wellington.govt.nz to see if you are eligible.

Tawa Pool

Davies Street, Tawa

Phone 04 232 7041

tawa.pool@wcc.govt.nz

wellington.govt.nz

**Absolutely Positively
Wellington City Council**

Me Heke Ki Pōneke