

## Hokitika Low Impact & Physical Activity Classes Jan 2020

	Day	Evening	Contact
Seniors exercise group at Grey Power rooms (Gold coin donation)	Tues 11 am		Sally Richardson 755 6772
Tai Chi - Grey Power		Mon 5- 6pm	West reap -768 7435
Tai Chi - Poutini Waiora		Thurs 5.15 – 6.15pm	West reap -768 7435
SitnbFit- Poutini Waiora	Thurs 10.30 – 11.30		Poutini Waiora 755 6572
Balance class - Health centre	Weds 10 – 11am		By GP referral only
Knee class - Health centre	Thurs 10 - 11am		By GP referral only

### Centennial Pool Timetable 755 8119

	Day	Evening
Monday	9 – 10am Senior Fit	
Tuesday	9 – 10am Angie's Aqua Fit	Angie's Super Fit 5.30 – 7.30pm
Wednesday	9 – 10am Senior Fit	
Thursday	9 – 10am Angie's Aqua Fit	
Friday	9 – 10am Summer's Senior Fit	Aqua Zumba 5.30 – 6.00pm
Sun		Aqua Zumba 4.30 – 5.00pm
<p><b><u>Angie's Aqua/Senior Fit</u></b></p> <p>This workout enhances co-ordination cardiovascular fitness and muscle toning. Gentle, non impact way to increase mobility and flexibility. This shallow water class is ideal for beginners, through to the advnced.</p>		
<p><b><u>Super fit/ Aqua Zumba</u></b></p> <p>Our most pumped up class. A shallow water class designed to make your muscles burn, trim you down and tone you up.</p>		
<p>There is no extra cost for any of our aqua classes. Just pay pool entry.</p>		

## Bodyworx Timetable

Welcome to our Group Fitness Timetable. For various reasons this timetable changes so for the most up to date information, either call us **755 8151** or checkout our [facebook page](#).

	Mon	Tues	Wed	Thur	Fri
9:15am	Hiit High intensity				RIP
10.30am	**Active Circuit (senior)		**Active Circuit (senior)		**Active Circuit (senior)
Day Classes	Lite Pace (1.30pm)	YogaFlow (12.10)		Pilates (12:10)	
5:30pm	WAR	Hiit/ REV	RIP	REV/ Hiit	
6:30pm					

### Active Circuit:

Monday, Wednesday and Friday 10.30am to 11.30am

At Bodyworx Fitness Centre exercise and keeping well is for everybody. We encourage and invite all ages and abilities to come along and enjoy an exercise session in a fun and friendly environment. Our gym is a welcoming and supportive place for all.

USE IT OR LOSE IT!!!!

Keeping active is extremely important even as we get older. Exercising can help to alleviate and minimize symptoms of conditions such as: arthritis, rheumatism and osteoporosis by keeping joints mobile and increasing bone density and muscle strength.

Exercise is crucial in the fight against conditions such as heart disease, type 2 diabetes, stroke and high blood pressure. There is also a 'feel good' factor that exercise provides. Even those who 'don't really feel like doing anything today', find they feel much better and happier once they have finished their exercise session.

Here you have a full use of all our cardio equipment including cycles, cross trainers, rowers, treadmills, and steppers, plus a variety of weight machines. You can decide what you want to do and we have a trainer available to help to answer any questions. Very popular – with a friendly and supportive atmosphere, come along and have a go!!!!

Litepace:

Monday 1pm

This is a light paced exercise to music class. Fun and energizing! This class incorporates strength work, coordination and balance elements.

Come along and see us – we'd love to meet you and help you with your exercise needs.

Rev:

A challenging cycling workout. Keeps you motivated and makes you sweat!!

Duration 45 – 55 minute Class.

Free to Members – Casuals Welcome. Bookings are essential for our spin classes.

War:

A combat style class with a combination of punching and kicking movements for a full body workout.

Free to Members – Casuals Welcome.

Free to Members – Casuals Welcome.

Rip:

Tone & sculpt your body using barbells, dumbbells and body weight!! Non-impact.

Duration 55 minutes. Read more about our classes [here](#).

Group fitness prices: \$15 per class or \$130 for 10 sessions

Active Circuit and Sally's Lite Pace: \$7 per class or \$65 for 10 sessions

Classes are free to members.

Occasionally a class may be rescheduled, please phone to check in advance or check our [facebook page](#) for updates.

### South Westland

Group exercise sessions	Upstairs Ross squash club rooms. In Summer at the Ross pool.	Friday 11am	Eileen Jones 027 275 8472
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## Walking groups

Tues 7.45am	Slow group around Hokitika centre	Bub Martin 755 7871
Tues 7am	Faster pace around Hokitika	Ann Kelly 755 6383
Tues 9am (unless shown on the programme) distance varies from a few hours up to 6 hours	Hoki Hikers Meet at Cass square (Weld St side)	Fiona 755 8815 Di 027 555 3346 Programme at the i Site