

# AQUA MAX

## HIIT SQUAD

## 6 week Functional Fitness Programme

13 November — 23 December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIIT Squad</b> 6:05am—6:50am	<b>HIIT &amp; Core</b> 6:05am—6:50am	<b>HIIT Circuit</b> 6:05am—6:50am	<b>HIIT &amp; Strength</b> 6:05am—6:50am	<b>HIIT Squad</b> 6:05am—6:50am	
					<b>HIIT Squad</b> 8:15am—9:00am
	<b>HIIT Express</b> 12:15pm—12:45pm		<b>HIIT Express</b> 12:15pm—12:45pm		
<b>HIIT Squad</b> 5:45pm—6:30pm	<b>HIIT Squad</b> 5:45pm—6:30pm	<b>Yoga &amp; Flow</b> 5:30pm—6:30pm	<b>HIIT Circuit</b> 5:45pm—6:30pm		

## **Session descriptions: (subject to seasonal availability)**

**HIIT Squad (incl express and Cardio)** — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts. High Intensity does mean there will be dynamic movements which will be fast and precise and is all about moving the body well. The trainers will give options for scaled movements if you require that. Express sessions are a shortened workout with the same plan so you can get in and out and carry on with your day!

**HIIT Circuit** — The session will have a mix of High Intensity Interval Training based around short duration circuits working individually or in small groups based around short bursts of movements and timeframes. You will always be kept moving so make sure you bring that water bottle!

**Swim Fit (not currently running)**— Focusing on lap swimming, drills and skills that will improve your overall aerobic fitness in the water. This is for all levels of water confidence and abilities.

**Strength Squad** — Strength and toning programme where we will focus on weight resistance and muscle endurance training.

**Mobility & Core** — Working on flexibility and mobility is extremely important to keeping the body in check. Better mobility can help strengthen your core muscles, help prevent Injury and delayed onset muscle soreness (DOMS) that prevents you from working out the next day or two!

**Yoga and Flow** - is a calming class infused with moves from Yoga, Tai Chi and Pilates to build whole body strength, center your chi and relieve stress. Don't underestimate this amazing body weight class.

**Aqua Burn & Blast**— Join in to one of our public Aqua Fit Classes for an alternative workout. Great for recovery on the muscle but you can still work hard to feel the burn. These classes are all run by our Aqua Fit instructors. You are not required to book these sessions, just turn up and show your client card. You can also show your influx account at the front counter. You can attend these classes while they are still operating with the pool open. They will not be on during the Shut down period.

**Class cancellations** — *A session maybe cancelled if we can not replace an instructor at short notice due to sickness or an unforeseen event including travel from Hastings/Napier. We will notify those who are booked for classes and also post on our Facebook group page.*

**Free use of the pools**— *As part of our exclusive programme, we offer free entry to our facility for swimming when you are an active member. To be an active member, you need to be registered on the current 8 week programme and attend regular booked sessions. You can not sign up to the programme and use the card for swim/AquaFit entry only. We also allow you to bring your immediate family with you for swimming. You must be actively in the water with your children and present your card to the reception. You can not give your card to anyone to use when you are not attending including your children to use for leisure swimming or club swimming.*