

# Aqua Max HIIT Squad 6 week Fitness Programme: 28th Sept —6th Nov

Weekly Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am—7:00am	HIIT Session		HIIT Session		HIIT Session
6:45am—7:30am		Aqua Burn		Aqua Burn	
12:15pm— 12:45pm		Cardio Express		Cardio Express	
4:15pm—5:30pm			Open Gym Session		Open Gym Session
5:00pm—5:35pm	Mobility & Core	Cardio Express	Strength based session	Mobility & Core	
5:45pm—6:30pm	HIIT Circuits	HIIT Circuits	HIIT Circuits	HIIT Circuits	
7:00pm—7:45pm	Aqua Force		Aqua Force		

## Session descriptions:

**HIIT Circuits** — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts with sometimes the addition of some core conditioning mixed in. We can specifically target one area of the body or have a mix of every thing, this class is about moving the body well and increasing your fitness levels. These classes are based at the Napier Aquatic Centre Gym, entry is via the main pool entrance.

**Aqua Burn / Aqua Force**—These classes are water based but of high intensity. Great for toning the body and working the cardiovascular system. A good class to do for recovery when the body is sore or for trying something different. Working out in the water is not for the faint hearted, you really can get the results from using the water as resistance.

**Strength based sessions** —This session will focus each week on one strength component by working specific skills and exercises to work targeted areas. For example you might be working towards your heaviest back squat you can perform and then working the accessories that will help you achieve this. This session will also help with maintaining correct technique for when you implement the same movements in to your HIIT classes. These sessions are smaller in size and the train will be setting some initial strength tests.

**Open session**— This is an open session for members to come and use the gym facility. Drop in at anytime during the open session timeslot to work on extras like cardio, mobilizing or following the pre programmed workout written on the board for our members.

**Mobility & Core** —30min mobility and core class is ideal for strengthening the posterior chain and surrounding muscle groups which are used frequently in all of our classes. Mobility is also a great tool to working towards better technique in movements. We highly recommend!