

HYDROROBICS TIMETABLE

DAY	TIME	CLASS
Monday	9.20 - 10.20am	Xtream Hydro
	10.30 - 11.30am	Senior Hydro
	7.35 - 8.35pm	Xtream Hydro
Tuesday	7.35 - 8.35pm	Xtream Hydro
Wednesday	9.20 - 10.20am	Xtream Hydro
	10.30 - 11.30am	Senior Hydro
Thursday	7.35 - 8.35pm	Xtream Hydro
Friday	9.30 - 10.30am from 8 April 2011	Mixed Level Hydro
Sunday	9.00 - 10.00am	Xtream Hydro

(Ask us about our timetable through the holidays)

Xtream Hydro: Suitable for all abilities, fun classes with great music.

Senior Hydro: Fun classes for over 60's, with an emphasis on socialising.
Free tea or coffee afterwards.

H²O Xtream encourages people with a disability to participate with their peers in an inclusive environment.

All new participants are required to complete a medical questionnaire prior to joining their first class

Please complete this form and give to your instructor



Lynne



Janice



Gemma



Shannon



Mick



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Private Bag 907 Upper Hutt
www.h2oxtream.com



HYDROROBICS



Hydrorobics

Hydrorobics is fun, safe, very effective and for everyone. Whether you need a gentle workout while pregnant or injured; a strenuous session to build strength and stamina, or a fun, social general fitness workout, we can provide a session that is right for you.

Benefits

- Become fit and toned
- Great cardiovascular workout
- Stress free exercises
- Great music
- Professional and enthusiastic instructors

Come and give it a go!



\$6.10 General **\$51.10 10 Trip Concession**
\$4.10 Over 60's **\$34.80 10 Trip Concession**

Please note that prices are subject to change. Prices quoted are subject to any change in the GST rate. The GST payable is calculated at the prevailing rate on the date of your visit.

get set to get wet