



Valid from 18 May, 2009

Opening Hours

Monday - Thursday 6.00am - 8.30pm
 Friday 6.00am - 8.00pm
 Saturday & Sunday 8.30am - 2.30pm

Public Holidays* Closed
 *Closed All Public Holidays Day including
 Boxing Day (26 Dec) and 2nd January.

Class schedule

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6am	6.15am LAFs Program	6.15am LAFs Circuit			6.15am LAFs Program		
7am							
8am		8.00am LAFs Program					
9am						9.00am LAFs Circuit	
10am	9.30am LAFs Program		9.30am Swiss Ball	9.30am LAFs Circuit	9.30am Pilates		10.00am LAFs Program
11am					10.45am LAFs Circuit		11.00am LAFs Circuit
12pm		12.00pm Pilates	12.00pm LAFs Circuit	12.00pm LAFs Program			
1pm						1.00pm LAFs Program	1.00pm LAFs Program
2pm							
3pm							
4pm							
5pm							
6pm	6.00pm LAFs Program	5.00pm LAFs Circuit		5.30pm LAFs Program	6.00pm LAFs Circuit		
7pm	6.30pm Pilates	7.00pm LAFs Program	6.30pm Pilates				
8pm							
9pm							

Fitness Suite,
 Everest Ave,
 Naenae,
 Lower Hutt

Phone: 567 5431
 Fax: 567 5356

www.leisureactive.co.nz





Pilates

Classical Pilates is beneficial for men and women: young or old, athletic, sedentary, or in physical therapy. It is a system of body conditioning that is both gentle and athletic, known for its “feel good” and body transforming results. Pilates exercises tone and condition all the major muscle groups of the body while developing better breathing habits, improving posture and enhancing mental concentration. It is extremely good for rehabilitation from injury and degenerative conditions.

Mondays	6.30pm - 7.30pm
Tuesday	12.00pm - 1.00pm
Wednesday	6.30pm - 7.30pm
Friday	9.30am - 10.30am

Swiss Ball Class

This class will help to improve your muscle tone, strength, balance and co-ordination while doing a series of fun and challenging exercises. Add some variety to your exercise routine.

Wednesday	9.30am - 10.30am
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LAFS Circuit

Our qualified trainers will set you up with the correct weights and monitor and record your progress on a personal work-out card. Let our trainers guide you through the equipment in just 22 minutes.

Commit to LAFS circuit 2-3 times a week and feel the amazing benefits a good strength programme can bring!

LAFS Program

The LAFS programs are small instructor based classes that deal with all main aspects of physical training. These classes are taken by our friendly gym instructors and some of our Personal Trainers and are free to all members.

The LAFS program classes are, Cardiovascular, Body Weight Exercises, Resistance training and Swiss Ball exercise

In summary you will get a lot more out of your time at the club if you allow us to educate you through the LAFS program.

Liquid Fitness Classes

Naenae Pool

Shallow Water	Tues 7pm		
Nifties	Tues 9.30am		
	Wed 9.30am	Fri 9.30am	

Huia Pool

Deep Water	Mon 7pm	Tues 6.15am	
	Wed 7pm	Thurs 6.15am	

Stokes Valley Pool

Nifties	Mon 10.15am	Wed 10.30am	
	Thurs 10.15am		
Shallow Water	Mon 7pm		