

Ōtara Pool and Leisure Centre outdoor group fitness timetable

Group Fitness: Next to the Skate Park on Bairds Road

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.00pm	MetaFIT		MetaFIT				

CLASS DESCRIPTIONS

OUTDOOR MetaFIT (45mins) \$10 per class

Get outdoors for a functional and effective metabolic bodyweight workout that will change the way you train and get results! Suitable for all fitness levels (options available). Please bring your own filled water bottle/s and sweat towel.

Outdoor group fitness class terms and conditions:

You must ensure you are in good health to participate in our outdoor group fitness classes. By booking and paying for a class you accept the risks that come with exercise and will seek prior specialist approval if you have any medical issues or injuries.

All classes must be pre-booked and paid for online through myLEISURE. Bookings are non-transferable or refundable if you change your mind. Bookings cannot be refunded or rescheduled for no shows, however if a class is cancelled by us (e.g. weather conditions), then our staff will contact you to reschedule your booking. These classes are available for a limited time during Alert Level 3 only.

FROM 18 OCTOBER 2021

AUCKLAND COUNCIL
POOLS & LEISURE

