



Splash Centre Gym and Fitness Information

Gym Rules

- Wear suitable clothing and footwear at all times while working out.
 - Covered shoes
 - Tops/crops worn at all times
- Do not come into gym wet, or in togs.
- Place weights back on the correct rack after use.
- Do not move equipment without permission.
- No personal speakers – headphones only.
- Use a towel to cover the equipment you are working out on, or spray and wipe contact points after use.
- No spectators or non-members are allowed in the workout area, including children under the age of 14.
- No food or open cups are allowed in the workout area.
- Harassment of any kind will not be tolerated – please be considerate of other members and staff.
- No casual entry for under 17

If you fail to abide by any of these rules or any other requests at the reasonable discretion of a Splash Centre staff member, management will be advised. Members or gym users found to be repeat offenders may have their memberships suspended or cancelled or be banned from use of the gym.

Management will not be held responsible for any accident of injury suffered, or any loss or damage sustained to members or their personal property while using the facilities. However, Splash Centre staff will maintain high standards of safety for all Splash Centre users.

We offer gym inductions; current availability can be seen online in the customer portal or speak with one of our friendly fitness instructors.

Waiver form all gym and fitness users must be completed prior to utilising the gym or attending a fitness class.

Minimum age

- For health and safety reasons, the minimum age for a standard gym membership/casual entry is 17 years of age
- All applicants aged 14 to 16 years must sign-up with a parent or guardian, and the membership form and direct debit consent form must be signed by a parent or guardian.
- All applicants aged 14-15 years must be supervised by a parent or nominated supervisor (eg: a coach, teacher or trainer) at all times when using the gym. The supervisor must be also be a current member.
- Age restrictions may apply to some equipment and group classes.



Live Class Availability and Booking

Did you know, you can find all of our class availability live online?

Visit our customer portal here: <https://pools.whanganui.govt.nz/Group>

You can also book your spot, see lane availability for public swimming, set up a membership, purchase a concession or manage your child's Learn to Swim from the same place.

For homepage: <https://pools.whanganui.govt.nz/>

For lane availability: <https://pools.whanganui.govt.nz/ResourceAvailability>

Fitness Pricing Details

Please refer to the below table for costs to attend the gym and/or any fitness classes. For full T&C for concessions and memberships please enquire at the front counter. We recommend if you are new to our facility to try a concession first.

	Casual Entry	10 x Concession (15% cheaper than casual entry)	25 x Concession (20% cheaper than casual entry)	50 x Concession (25% cheaper than casual entry)	Membership Annual Upfront (recommended for those coming 3 or more times a week)	Membership paid weekly	Membership paid fortnightly	Membership paid monthly
Adult	\$8.00	\$68.00	\$160.00	\$300.00	\$1,040.00	\$20.50	\$40.50	\$87.17
Senior	\$6.50	\$55.25	\$130.00	\$243.75	\$845.00	\$16.75	\$33.00	\$70.92
Student ID, CSC, GRX	\$7.50							

Personal Training and Private Fitness Classes

We have three qualified Personal Trainers working at Splash Centre, if you are after something more tailored, goal specific or at a particular time this may be a great option for you. Personal training, programme planning and private group fitness is via email request/enquiry – please contact ebony@splashcentre.co.nz

	Casual	Fitness Members
Personal Trainer 30 Minutes	\$35.00 (includes entry)	\$30.00
Personal Trainer 60 Minutes	\$60.00 (includes entry)	\$50.00
Programme Planning 6 weeks – including initial 30-minute PT	\$120.00 (doesn't include entry)	\$108.00
Private Fitness Session Group (up to 10) 30 Minutes	\$80.00 (includes entry)	

Inductions (no additional charge to entry)

If you are new to our space, please book an induction with one of our friendly fitness team online or at front counter. This is a great option to ask questions about classes and any equipment you are unsure of.



Class Details			
Class Name	Class Description	Suitable for	Duration
Aquarobics	A non-impact class working against the resistance of the water. An all-round body workout incorporating equipment such as pool noodles and dumbbells. A fun way to build stamina and strength at an intensity that suits you.	Suitable for all fitness levels. Anyone wanting a fun, low impact full body workout.	60 Minutes
AquaFit	This high-energy, fast-paced 30-minute class is perfect for all fitness levels. Shorter, more intense, and full of fun, it is a great way to get a challenging workout that is still gentle on your joints. Build strength, boost stamina, and have a fantastic time in the pool!	Suitable for all fitness levels	30 Minutes – 45mins
Circuit - AM	Low impact class designed to give you a full body workout. This class enables you to gently build and maintain general fitness and muscle strength within a social atmosphere.	Open to all fitness levels.	30 Minutes
Core - AM	A class incorporating low impact and Pilates styled movements, which target lower body and core. All classes are designed to work on core control, flexibility and stability, and involve exercises using yoga mats and resistance bands. Floor exercises are also included.	Suitable for all fitness levels. Anyone wanting to improve and maintain core strength, flexibility and stability.	30 Minutes
Circuit – Lunch	igned to give you a full body workout and includes a mixture of cardio, body weighted exercises and weights.	Suitable for all fitness levels. Anyone wanting to build/improve overall strength and fitness	30 Minutes
Intervals - Lunch	Combines high intensity bursts of activity with periods of rest and recovery. Classes can involve body weighted exercises, and cardio and strength equipment.	Anyone wanting to work on general fitness and stamina.	30 Minutes
Core - Lunch	A class designed to work and build core muscle groups while improving posture, stability and balance. Classes can include a variety of equipment such as resistance bands, balance boards and Swiss balls.	Suitable for all fitness levels. Anyone wanting to improve their level of balance, and wanting to improve/maintain their overall core strength.	30 Minutes
Weekend Kickstart	Kickstart your weekend with a 30min class that keeps things fresh. Each week brings something new, from energizing circuits to core and mobility work. Designed for all fitness levels. No matter what the workout, you will leave feeling energized.	Anyone looking to improve flexibility.	30 Minutes
Float Fit	A fun full body workout performed on an inflatable floating mat. Workout on water while trying to stay balance and steady on the boards.	Suitable for all fitness levels. Anyone wanting to introduce something fun and challenging to their workouts.	30 Minutes

If you have health concerns please ensure you engage with a medical practitioner prior to attending classes, waivers must be completed but we are aware that things change, please let us know if you have any concerns.

Our awesome team can provide alternate exercises if needed, please speak to them as required.



Group Fitness Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am-10.30am Aquarobics Main Pool	8.30am-9am Circuit (Light) Gym	8.15am -8.45am Core Rec Deck	8.30am-9am Circuit (Light) Gym	9.30am-10.30am Aquarobics Main Pool	8.15am - 8.45am Weekend Kickstart Gym
12.15pm-12.55pm Intervals Gym	9am-9.30am Circuit (Light) Gym	9.30am-10.30am Aquarobics Main Pool	9am-9.30am Circuit (Light) Gym	12.15pm-12.55pm Intervals Gym	9.15am – 10am Aqua-Fit Main Pool (45mins)
6.15pm -6.45pm Floatfit School Pool	12.15pm-12.55pm Circuit Gym	12.15pm-12.55pm Core and Stability Gym	12.15pm-12.55pm Circuit Gym		
	6.45pm – 7.30pm Aqua-Fit Main Pool (45mins)		7pm – 7.30pm Aqua-Fit Main Pool (30mins)		