



COLMSLIE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:35 AM	City Bootcamp		City Punch		City Functional Fit		
07:30 AM							
08:00 AM						City Express Spin	City Aqua Outdoor
08:30 AM						City Express Sculpt	
08:45 AM	City Sculpt		City Hype	City Swim Zumba	City HIIT		
09:00 AM	City Aqua Outdoor	City Spin	City Aqua Outdoor		City Aqua Outdoor		City Pilates
09:15 AM						City Yoga	
09:30 AM		City Swim			Barre		
09:45 AM	City Yoga		City Sculpt	City Aqua Outdoor Qi Flow			
10:30 AM		City Energisers			City Yoga		
05:30 PM	City HIIT	City Sculpt	Zumba	Spin + Tone			
06:00 PM							
06:30 PM	City Mobility	City Swim Barre City Aqua Indoor	City Yoga	City Swim City Aqua Indoor			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

City Functional Fit

Great class that offers the best of both worlds, the class covers lifting, working on improving technique followed by a workout of the day. Builds strength and fitness fast! Want results then get to this class. These classes can be adjusted to suit all levels and abilities so join our #CITYTRIBE today.

City Yoga

Exercise both your mind and body. Designed to build strength, endurance and flexibility through the full range of movement. Our experienced Yogi's will take you through a series of poses, stretches and exercises to complete the perfect mind/body experience.

City Spin

A 30-45 minute high-intensity bike ride that promises to burn up the calories while toning the thighs in an energized and motivating environment. The ultimate cardiovascular workout

City Aqua Outdoor

This is our signature aqua session, the best of both worlds as our outdoor pools offer a shallow end and a deep end where you can pick what level suits you. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

City Bootcamp

Need that extra motivation? Then boot camp is for you. Experience a range of exercises drills in a team-oriented session - a mentally and physically tough session for those looking for that extra effort. Suitable for all fitness levels

Zumba

Zumba is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves for an interval style calorie burning dance fitness party. Join the party and get fit, well having a heap of FUN with our Zumba crew.

City HIIT

HIIT One of our toughest workouts! For those looking to get serious about their training - High Intensity Interval Training, using a mix of body weight exercises, resistance equipment and cardio work in a fun motivating high energy session. Designed to test the fittest.

Spin + Tone

Spin + Tone is the perfect combination if you wish to build your cardiovascular fitness and tone. The class structure is 15 mins of spin followed by 30 minutes of toning using equipment such as weights and resistance bands.

City Mobility

Express Mobility is designed to help stretch and work on areas that may be causing tightness. This class is run in a relaxed environment using rollers, bands and own body weight. Great for all levels.

City Energisers

A great low impact workout for those approaching their best years or those recuperating from injury/illness. Designed to improve strength, posture and balance while also improving bone density & fitness. Targeted at 50+ You're never too old to get strong!

City Sculpt

A weights to music class that strengthens your entire body. This class uses a Weighted based equipment from Barbells, Free weights & bands to perform exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight to inspire you to get the results you came for.

City Swim

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels, You are required to have a basic swim level and be able to complete multiple laps to attend this session.

City Hype

Cardio based class that uses steps and old school aerobic moves to get you hyped. Come on down to cardio town and get fit, whilst having fun and showing off your aerobic moves.

City Express Spin

A 30 minute high-intensity bike ride that promises to burn up the calories while toning the thighs in an energized and motivating environment. The ultimate cardiovascular workout

City Aqua Indoor

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment. Session is completed in our indoor pool all year round.

Barre

Less class is a hybrid workout class combining ballet inspired moves with elements of pilates, dance, yoga and strength training. Barre is an all over low impact body workout suitable for all ages, fitness levels and a great addition to add to your workout routine.

Qi Flow

Class encompassing Qigong and Tai Chi style movements for breath and energy work with a meditation session to finish.

City Punch

A high energy interval based workout utilising a mix of boxing combinations and drills together with a range of cardiovascular and muscle conditioning exercises. No boxing experience is required and this class is focused on fitness rather than coordination.