

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	City Functional Fit City Spin	CF Basics	City Functional Fit City Spin	City Functional Fit	City Spin City Functional Fit		
06:45 AM	City Yoga						
07:00 AM			City Pilates			City Bootcamp	
08:00 AM						City Aqua Outdoor	
08:15 AM							
08:30 AM							City Yoga
09:00 AM	City Aqua Outdoor City Functional Fit	City Functional Fit City Aqua Outdoor	City Aqua Outdoor City HIIT	City Aqua Outdoor City Functional Fit	City Aqua Outdoor City Aerobics	City Yoga	
09:30 AM	City Swim		City Swim		City Swim		
10:00 AM						Zumba	
10:15 AM	City Energisers		Zumba Gold	City Yoga			
11:30 AM	Mums and Bubs						
05:15 PM	City ABT	City ABT	City Sculpt				
05:45 PM				City Spin			
06:00 PM	City Punch City Spin	City Spin					
06:15 PM			City Yoga				
06:30 PM		Zumba	City Punch	Zumba			
06:45 PM	City Aqua Indoor		City Aqua Indoor	City Aqua Outdoor			
07:00 PM	City Pilates	Aqua Zumba					
07:30 PM		City Yoga	Zumba	City Pilates			

CLASS DESCRIPTIONS

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

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 Pilates

"Pilates is a fun low-impact exercise suitable for all levels, that aims to strengthen muscles while improving posture, core, and flexibility."

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 ABT

The classic and popular Abs, butt and thighs workout. For those wanting to feel the burn and tone the body.

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.

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 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.

City Aerobics

This class is a high intensity workout that includes several body weight exercises that is designed to keep you burning calories long after the class is complete. Come and try it today!

Zumba Gold

Zumba Gold 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 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 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

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.

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

Aqua Zumba

Aqua 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 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.

Mums and Bubs

This class is designed for mums to attend an indoor exercise class with their babies. Classes are held in a safe environment where the baby is able to run freely with other babies while mum can exercise. Class is suitable for mums with babies aged between 2-36 months.

CF Basics

CF Basics 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! As covers Some basic Crossfit Movements. This class can be adjusted to suit all levels and abilities.