

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM					Functional Fitness		
08:00 AM		Aqua Aerobics					
09:00 AM	Leg & Core	Mobility		Mobility Aqua Aerobics	Aqua Aerobics		
10:30 AM			Aqua Aerobics				
12:00 PM		Aqua Aerobics		Aqua Aerobics			
12:30 PM							
05:00 PM		City Hype					



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!

Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.

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 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.

Functional Fitness

Personalized Attention: Enjoy focused guidance from our experienced trainers. Supportive Environment: Join a small group of like-minded individuals working towards similar goals. Accountability: Limited spots ensure your commitment, making every session count. Maximum Results: Tailored workouts for optimal effectiveness.