



# CENTENARY AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:45 AM	Lets get FIT Cycle	Move it, Shake it, Lift it			Lets get FIT Cycle		
06:00 AM				Boxercise Cardio Fun			
06:30 AM					City Pilates		
07:30 AM	City Deep Aqua		City Deep Aqua City Yoga		City Deep Aqua		
08:00 AM						Zumba	
08:30 AM							Adult Squad Aqualicious
09:00 AM	Circuit				HIIT the deck		City Yoga
09:15 AM						City Yoga	
09:30 AM	Adult Squad	City Deep Aqua	Adult Squad	City Deep Aqua	Adult Squad		Aqua Outdoor
09:45 AM			City Energisers				
11:00 AM	City Pilates		City Pilates		Zumba Gold		
12:00 PM		Express HITT					
12:30 PM				HIIT The Deck			
04:30 PM							
05:30 PM	City Yoga	City Yoga		Move it, Shake it, Lift it			
05:45 PM			City ABT				
06:00 PM	Functional Fit		City Deep Aqua				
06:30 PM	City Punch	Aqualicious HIIT the deck		City Yoga			

# CLASS DESCRIPTIONS

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

To ensure class times are correct please contact us on **1300 332 583**



Energisers Circuit - gym based resistance class that offers tone, strength with low impact exercises. Ideal for our senior tribe members who are looking for a balanced gym based workout

Welcome to our high-energy Boxercise Cardio Fun class - where fitness meets the thrill of boxing in an exhilarating and laughter-filled atmosphere! This is not your typical workout; it's a dynamic fusion of boxing-inspired moves, cardio intensity, and boundless enjoyment.

## City Deep Aqua

City Deep Aqua is a low impact cardiovascular workout. Using a buoyancy belt in deep water. Suitable for all abilities - you just need to be confident in deep water.

## 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 Pilates

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

## 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 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.

## Circuit

A group training session in which participants will be moving through different working stations for a period of 60 minutes. These workstations will target full body movement. Both upper body and lower body areas will be included in each session. Strength and cardio based activities included.

## 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.

## HIIT the deck

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.

## Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.

## 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!

## 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.

## 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.

## Aqualicious

Aqualicious is a Masters Swim Squad that welcomes all swimmers, with a focus on providing a safe and welcoming space for the LGBTIQ+ community, friends and allies.

## City ABT

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

## HIIT The Deck

"Elevate your heart rate and your mood in our HIIT class! High-Intensity Interval Training has never been this much fun. Say goodbye to boredom and hello to bursts of energy, laughter, and results! Join us and turn your sweat session into a party!

## Move it, Shake it, Lift it

Chisel, Define, Transform! Sculpt your way to a stronger, more confident you in our Sculpt Class. Every rep is a step towards unveiling your inner strength and grace. Join us to shape your body and sculpt your future. Let's redefine your limits and craft a masterpiece of wellness together!