



CENTENARY AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM			City Swim Fit				
05:45 AM	City Spin	City Sculpt			City Spin		
06:00 AM			City Bootcamp	ZUU			
06:30 AM					City Pilates		
07:00 AM						ZUU Aqualicious	
07:30 AM	City Deep Aqua				City Deep Aqua		
08:00 AM						Zumba	
08:30 AM							Aqualicious
09:00 AM	City HIIT				City HIIT	City Yoga	
09:30 AM	City Swim Fit	City Deep Aqua	City Swim Fit	City Deep Aqua	City Swim Fit Zumba Gold		
09:45 AM							City Deep Aqua
11:00 AM	City Pilates		City Pilates	City Pilates			
12:15 PM		City Express Circuit					
05:30 PM	City Yoga	City Yoga	Functional Fit	City Sculpt			
05:45 PM			City Deep Aqua				
06:00 PM			City Pilates City HIIT				
06:30 PM	City Punch	City HIIT		City Yoga City Punch			
06:45 PM		Aqualicious		Aqualicious			
07:00 PM		Mobility					

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.

ZUU

High intensity functional class with an animal twist! This intense workout is based around body weight primal movements. Join our Zuu crew & have fun while your training and get fit and functional at the same time.

City 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 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 Pilates

One of our toughest workouts! For those looking to get serious about their training - High Improve posture, core stability and strength in this highly focused 45-minute session, this mat based class will have you feeling better all over.

Functional Fit

Great class that offers the best of both worlds - 30 mins of lifting, working on improving technique followed by 15 mins of WOD. Builds strength and fitness fast! Want results then get to this class.

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 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 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.

Aqualicious

Aqualicious is Brisbane's Masters swim team open to friends and members of the gay, lesbian, bisexual, and transgender community. We welcome new members of all age and experience levels to our inclusive environment.

City Swim Fit

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels.

Zumba Gold

A fun class that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

City Express Circuit

One of the oldest and most effective forms of Group Exercise there is. Work to your own limitations completing a range of exercises that will work your entire body. This class covers all the bases - Strength, toning, cardiovascular fitness and weight loss.

City Sculpt

A weights to music class that strengthens your entire body. This class uses a barbell 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 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.

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.