CENTENARY AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:45 AM	Lets get FIT Cycle	Sculpt			Lets get FIT Cycle		
06:00 AM			HIIT The Deck	City Punch			
06:30 AM					City Pilates		
06:45 AM		City Pilates					
07:30 AM	City Deep Aqua		City Deep Aqua City Yoga		City Deep Aqua		
08:00 AM						Zumba	
08:30 AM							Aqualicious
08:45 AM				City Energisers			
09:00 AM	Circuit				Express HITT		City Yoga
09:15 AM						City Yoga	
09:30 AM	Adult Squad	City Deep Aqua	Adult Squad	City Deep Aqua	Adult Squad		Aqua Outdoor
11:00 AM	City Pilates		City Pilates		Zumba Gold		
12:00 PM		Express HITT		Express HITT			
05:00 PM					Classes Coming Soon!		
05:30 PM	Zumba	City Yoga	Lets get FIT Cycle	Sculpt			
06:00 PM	Functional Fit		City Deep Aqua				
06:30 PM	City Punch City Yoga	HIIT (45 Min)		City Yoga			
06:45 PM	Adult Squad	Aqualicious	Adult Squad	Aqualicious			

CLASS DESCRIPTIONS

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

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.

Energisers Circuit

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

Sculpt

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.

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.

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!

Adult Squad

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

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.

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.

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 Pilates

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

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 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 Energisers

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

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.

Classes Coming Soon!

New Group Fitness Classes coming to this venue soon!

Lets get FIT Cycle

Pedal, Push, Prevail! Join the ride that takes you further, faster, and fitter in our Spin Class. Feel the beat, embrace the burn, and leave every doubt behind. With every turn of the wheel, you're rewriting your story. Come spin with us and let's journey to stronger, happier,

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.