



CENTENARY AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM			City Swim				
05:45 AM	City Spin	City Sculpt			City Spin		
06:00 AM			City Bootcamp	City HIIT			
06:30 AM			Swim Fit+* (Adult Squad)		City Pilates		
07:00 AM						ZUU	
07:30 AM	City Deep Aqua				City Deep Aqua		
08:30 AM							Aqualicious
09:00 AM	City HIIT				City HIIT	City Yoga	City Yoga
09:30 AM	City Swim	City Deep Aqua	City Swim	City Deep Aqua	City Swim Zumba Gold		
09:45 AM							City Deep Aqua
10:30 AM	Swim Fit+* (Adult Squad)				Swim Fit+* (Adult Squad)		
11:00 AM	City Pilates		City Pilates				
12:00 PM		City Express HITT		City Express HITT			
05:30 PM	City Yoga	City Yoga	City Functional Fit	City Sculpt			
06:00 PM	City Functional Fit		City Deep Aqua City Pilates City HIIT				
06:30 PM	City Punch	City HIIT		City Yoga City Punch			
06:45 PM	Swim Fit+* (Adult Squad) Zumba	Aqualicious	Swim Fit+* (Adult Squad)	Aqualicious			
07:00 PM		City Mobility					

CLASS DESCRIPTIONS

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

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.

Swim Fit+* (Adult Squad)

This class focuses on improving technique, endurance and performance. Run by our experienced/accredited Rackley Coaches. * These sessions require SwimFit Plus Membership Pass - please ask for details at pool reception. Trial sessions are available .

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 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 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 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.

City 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 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 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.

City Swim

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels, You are required to have a basic swim level and be able to complete multiple laps to attend this session.

Aqualicious

Aqualicious is a fitness class that welcomes Lesbian, Gay, Bisexual, Transgender and Intersex Masters swim team and supporting friends and members of the LGBTIQ+ community.

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 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

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 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.

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.