



COLMSLIE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM		Performance Squad*		Performance Squad*		Performance Squad*	
05:35 AM			Boxercise Cardio Fun				
05:45 AM	Sculpt						
07:15 AM							City Pilates
07:30 AM	Gentle Core Class	Low & Tone		Low & Tone	Aqua Outdoor		
07:45 AM			City Pilates		City Pilates		
08:00 AM						Spin & Tone	
08:30 AM		Swim Fitness Group		Swim Fitness Group			
08:45 AM	Express Sculpt		Active and Healthy	City Express Spin	Barre		
09:00 AM	Aqua Outdoor		Aqua Outdoor	Functional Fitness	Aqua Outdoor		
09:15 AM						City Yoga	
09:30 AM					Zumba Gold		
09:45 AM			Zumba (45 Min)				
10:00 AM	City Yoga						
10:30 AM		City Energisers			City Yoga		
04:30 PM							City Yoga
05:30 PM		Spin & Tone	Boxercise Cardio Fun	Power Hype			
06:15 PM	Zumba (45 Min)	City Aqua Indoor	City Aqua Indoor				
06:30 PM	Aqua Outdoor	Swim Fitness Group	City Yoga	City Aqua Indoor			
				Swim Fitness Group			

CLASS DESCRIPTIONS

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

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.

Power Hype

An athletic style class incorporating some classic step moves on a riser, combined with free weights and body weight movements.

City Pilates

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

Spin & Tone

Get ready for the ultimate cardio and strength combo in our Spin & Tone Fusion class! This high-energy workout seamlessly blends the heart-pumping benefits of indoor cycling with targeted strength training to give you a full-body experience that will leave you feeling energized and accomplished!

Low & Tone

Low & Tone is a 45min class designed for 55+ and beginners. It covers the 4 key elements of fitness - Cardio, Strength, Core and Flexibility. The format includes basic aerobic moves, weights with either a barbell or plates and mat work on the floor with extended stretching.

Barre

Less class is a hybrid workout class combining ballet inspired moves with elements of pilates, dance, yoga and strength training. Barre is an all over low impact body workout suitable for all ages, fitness levels and a great addition to add to your workout routine.

City Express Spin

A 30 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

Performance Squad*

High performance squad. Only available on Adult Squad Memberships (formally known as the Performance Memberships).

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

Swim Fitness Group

An adult swimming session for those interested in improving technique and swim fitness. With multiple sessions a week, Swim Fitness Group caters to a wide range of abilities and fitness levels.

Boxercise Cardio Fun

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 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 Aqua Indoor

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment. Session is completed in our indoor pool all year round.

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.

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.

Active and Healthy

This class is the same as Indoor Aqua. It is \$5 for non-members.

Express Sculpt

30 min weights to music class that strengthens your entire body. This class uses weight based equipment like barbells, free weights & bands to perform exercises like squats, lifts & curls. Great music, awesome instructors & your choice of weight, to ensure you get the results you came for.

effectiveness.