



COLMSLIE AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 AM		City Swim Fit		City Swim Fit		City Swim Fit	
05:35 AM	City HIIT	City Pilates	City Punch	City Swim	City Yoga	City Swim	
08:00 AM						City Rip & Burn	
08:45 AM			City Step	City HIIT			
09:00 AM	City Aqua		City Aqua		City Aqua	City Yoga	City Aqua
09:30 AM	City Punch		City Rip & Burn	Zumba	Tabata Pilates		
10:15 AM		City Yoga		City Seniors Strength	City Yoga		
05:30 PM		City Seniors Strength					
05:45 PM	Tacfit		Zumba				
06:00 PM		City Aqua		City Aqua			
06:15 PM		City Step					
06:30 PM	Fitball & Strength City Swim		City Swim City Yoga	City Punch			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

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

City Swim Fit

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

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 Swim

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

City Rip & Burn

Looking to burn fat fast ? Then this combo of barbell work, cardio boxing and step will get you there. This 45-minute session is non stop and finiahes with some fantastic core work on the mats.

City Aqua

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.

Tabata Pilates

Tacfit

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 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.

City Step

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 Seniors Strength

Fitball & Strength