



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				
06:00 AM					Express 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			Aqua Outdoor			Spin & Tone	Aqua Outdoor
08:30 AM		Swim Fitness Group		Swim Fitness Group			
08:45 AM	Express Sculpt	Spin & Tone	Active and Healthy	City Express Spin	Zumba Gold		
09:00 AM	Aqua Outdoor			Functional Fitness	Aqua Outdoor		
09:15 AM						City Yoga	
09:30 AM					Barre		
09:45 AM			Sculpt	Aqua Outdoor			
10:00 AM	City Yoga						
10:30 AM		City Energisers			City Yoga		
05:30 PM	Basic Step and Sculpt	Sculpt	Boxercise Cardio Fun	Power Hype			
06:15 PM		City Aqua Indoor	City Aqua Indoor				
06:30 PM	City Aqua Indoor	Swim Fitness Group	City Yoga	Exercise Physiology Group* 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.

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.

Basic Step and Sculpt

We start the first half of the class with simple step moves to increase your fitness and burn those calories. Then we guide you through traditional toning exercises with weights for that all over body conditioning workout. Guaranteed to get your heart pumping, get fit and increase tone in both upper and lower body and

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.

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.

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.

Performance Squad*

High performance squad. Only available on City Performance Memberships.

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 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.

Power Hype

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

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.

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.

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.

Exercise Physiology Group*

This class is run by our Exercise Physiologist, Emily Holzberger. To attend this class there is a minimal extra charge payable to Emily. To attend this class, please call 0401 431 072.

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

Active and Healthy

This class is the same as Indoor Aqua. It is \$5 for non-members as it is made available via the Logan City Council Active and Healthy program.