

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM	Circuit				Body Pump		
08:00 AM							
08:30 AM		Aqua Aerobics					
09:00 AM	City ABT	Mobility	Aqua Aerobics	Mobility Aqua Aerobics	Aqua Aerobics		
09:30 AM							
11:00 AM							
12:00 PM		Aqua Aerobics					
12:30 PM				Aqua Aerobics			
05:00 PM		City Hype					



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!

### Body Pump

BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own!

### 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.

### 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.

### City Hype

Cardio based class that uses steps and old school aerobic moves to get you hyped. Come on down to cardio town and get fit, whilst having fun and showing off your aerobic moves.

### Aqua Aerobics

Aqua Aerobics is performed in shallower, waist depth water, and is a challenging but fun class for all fitness levels. This resistance training class is an aerobic exercise that focuses on endurance and resistance training, in a fun and enjoyable environment.

### City ABT

The classic and popular Abs, butt and thighs workout. For those wanting to feel the burn and tone the body.