



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Adult Squad Lets get FIT Cycle Functional Fit	City ABT	Adult Squad Lets get FIT Cycle Functional Fit	Functional Fit	Adult Squad Functional Fit		
06:15 AM						Lets get FIT Cycle	
06:30 AM	City Yoga						
07:00 AM			City Pilates				
07:45 AM							
08:00 AM						City Aerobics	
08:30 AM						Aqua Outdoor	City Yoga
09:00 AM	Aqua Outdoor Functional Fit	Aqua Outdoor Move it, Shake it, Lift it	Aqua Outdoor City Punch	Aqua Outdoor City Aerobics	Aqua Outdoor Functional Fit		
09:15 AM				Energisers Circuit			
09:30 AM						City Yoga	
10:00 AM							
10:15 AM	City Energisers			City Yoga		Zumba	
04:00 PM							
05:00 PM							
05:15 PM	City ABT	City ABT	Move it, Shake it, Lift it	Body Pump			
06:00 PM	Lets get FIT Cycle	Lets get FIT Cycle	Lets get FIT Cycle	Lets get FIT Cycle	Vinyasa Yoga		
06:15 PM			City Yoga				
06:30 PM		Zumba	City Punch	Zumba			

CLASS DESCRIPTIONS

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

07:30 PM City Energisers



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.

Move it, Shake it, Lift it

Chisel, Define, Transform! Sculpt your way to a stronger, more confident you in our Sculpt Class. Every rep is a step towards unveiling your inner strength and grace. Join us to shape your body and sculpt your future. Let's redefine your limits and craft a masterpiece of wellness together!

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.

Adult Squad

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.

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.

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.

Energisers Circuit

Energisers Circuit - gym based resistance training designed to tone and strengthen the whole body in a low impact way. This workout is ideal for the senior tribe members who are looking for an all round balanced workout.

Vinyasa Yoga

This class will increase your self-awareness as you control each breath, feel the pressure of your feet sinking into the floor and the sensation of each stretch ringing through the limbs. Leave your troubles on the mat and find your Yin in one of the below classes.

Aqua Outdoor

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

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

City ABT

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

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!

City Aerobics

This class is a high intensity workout that includes several body weight exercises that is designed to keep you burning calories long after the class is complete. Come and try it today!

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.

Lets get FIT Cycle

Pedal, Push, Prevail! Join the ride that takes you further, faster, and fitter in our Spin Class. Feel the beat, embrace the burn, and leave every doubt behind. With every turn of the wheel, you're rewriting your story. Come spin with us and let's journey to stronger, happier.

Aqua Zumba

Aqua 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.