



LOGAN WEST AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM	HIIT (45 Min)	Swim Fitness Group Sculpt	Express HITT	City Pilates			
07:00 AM							
08:00 AM	City Aqua Indoor	City Aqua Indoor		City Aqua Indoor	City Aqua Indoor	Functional Fit	
09:00 AM				Express Sculpt			
09:30 AM	Functional Fit	Basic Step and Sculpt	HIIT (45 Min)	City ABT	City Punch		
10:30 AM	City Yoga City Aqua Indoor	City Pilates	City Aqua Indoor	City Energisers	City Aqua Indoor City Yoga		
05:00 PM	Low & Tone		Circuit		Basic Step and Sculpt		
05:30 PM	Basic Step and Sculpt	City Punch		HIIT the deck HIIT (45 Min)			
06:00 PM							
06:30 PM	City Pilates City Aqua Indoor	City Yoga City Aqua Indoor	City Aqua Indoor	City Yoga Aqua Zumba Indoor			
07:00 PM			Zumba Gold				



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 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 ABT

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

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.

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 Pilates

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

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 core.

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.

Aqua Zumba Indoor

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.

HIIT the deck

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.

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.

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!

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.

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.

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.

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.

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.