



# HIBISCUS LEISURE CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		Swim Fit+* (Adult Squad)		
05:45 AM	City Spin	City Sculpt	City Spin	City Spin			
06:00 AM						Swim Fit+* (Adult Squad)	
06:30 AM	City Aqua Indoor		City Aqua Indoor		City Aqua Indoor		
07:30 AM	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor	City Aqua Outdoor		
08:00 AM						City HIIT	
09:30 AM		City Energisers		City Energisers	City Yoga	City Energisers	City Aqua Outdoor
09:45 AM			City Yoga				
10:30 AM		City Energisers Mobility		City Energisers Mobility			
12:30 PM				City Aqua Indoor			
05:30 PM	City Yoga				City Sculpt		
06:00 PM		City Functional Fit Swim Fit+* (Adult Squad) City Swim City Aqua Indoor	City HIIT	City Spin Swim Fit+* (Adult Squad) City Swim City Aqua Indoor			
06:30 PM	City Sculpt	City Pilates					
06:45 PM			City Pilates	City HIIT			
07:30 PM		Zumba		Zumba			



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 HIIT

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 Sculpt

A weights to music class that strengthens your entire body. 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.

### 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.

### Swim Fit+\* (Adult Squad)

This class focuses on improving technique, endurance and performance. Run by our experienced/accredited Rackley Coaches. \* These sessions require SwimFit Plus Membership Pass - please ask for details at pool reception. Trial sessions are available .

### City Energisers Mobility

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!

### City Swim

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.

### City 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.

### City Pilates

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

### City Spin

A 30-45 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

### City 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.

### 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 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!

### 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.