



# HIBISCUS LEISURE CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04:30 AM	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic		
05:00 AM						Crossfit Magnetic	
05:30 AM	Crossfit Magnetic City Swim Fit	Crossfit Magnetic	Crossfit Magnetic City Swim Fit	Crossfit Magnetic	Crossfit Magnetic City Swim Fit		
05:45 AM	City Spin	City Sculpt	City Spin	City Sculpt	City HIIT		
06:00 AM	City Aqua		City Aqua		City Aqua	Crossfit Magnetic ZUU City Swim Fit	
07:00 AM	City Aqua	City Aqua	City Aqua	City Aqua	City Aqua		Crossfit Magnetic
08:00 AM						City HIIT	
09:30 AM	Crossfit Magnetic	Crossfit Magnetic Senior Energisers	Crossfit Magnetic City Yoga	Crossfit Magnetic Senior Energisers	Crossfit Magnetic	Senior Energisers	City Aqua
10:30 AM	Groovaroo	Stretch & Relax		Stretch & Relax			
05:15 PM	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic		
05:30 PM	City Yoga		City Sculpt				
05:45 PM		City Swim Fit		City Swim Fit			
06:00 PM		City HIIT City Aqua		City Aqua	ZUU		
06:15 PM	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic	Crossfit Magnetic		
06:30 PM	City Sculpt		City Yoga	City Spin			
06:45 PM		City Pilates					
07:30 PM		Zumba		Zumba			

## CLASS DESCRIPTIONS

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

### Crossfit Magnetic

Please contact venue for more information about this class.

### 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 Aqua

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.

### City Swim Fit

An adult swimming session for those interested in improving their swim technique and increasing their fitness levels.

### 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.

### Stretch & Relax

A relaxing full body stretching session designed to improve both joint flexibility and overall posture.

### 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 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 barbell 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.

### ZUU

High intensity functional class with an animal twist! This intense workout is based around body weight primal movements. Join our Zuu crew & have fun while your training and get fit and functional at the same time.

### Senior 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. You're never too old to get strong!

### Groovaroo

This is a baby wearing dance class that needs to be experienced for all parents! Baby wearing dance is a just small part of Groovaroo's greater life's mission: to build communities of families around the world where dance is an integral part of everyday life.

### City Pilates

One of our toughest workouts! For those looking to get serious about their training - High Improve posture, core stability and strength in this highly focused 45-minute session, this mat based class will have you feeling better all over.