



# HIBISCUS LEISURE CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM			Move it, Shake it, Lift it				
05:45 AM	Lets get FIT Cycle			Lets get FIT Cycle			
06:00 AM							
06:30 AM	City Aqua Indoor		City Aqua Indoor		Aqua Outdoor		
07:30 AM	Aqua Outdoor	Aqua Outdoor	Aqua Outdoor	Aqua Outdoor	Aqua Outdoor		
08:00 AM							
09:30 AM		City Energisers		City Energisers	City Yoga	City Energisers	Aqua Outdoor
09:45 AM			City Yoga				
10:30 AM		Energisers Mobility		Energisers Mobility			
11:00 AM			Zumba				
12:30 PM				City Aqua Indoor			
05:30 PM	City Yoga				Move it, Shake it, Lift it		
06:00 PM		Functional Fit Adult Squad City Aqua Indoor	Low & Tone	Lets get FIT Cycle Adult Squad City Aqua Indoor			
06:30 PM	Move it, Shake it, Lift it						
06:45 PM			City Pilates	HIIT the deck			



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!

### 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.

### 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 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.

### 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.

### 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!

### 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.

### 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.

### 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!

### 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,

### 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 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!

### 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 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.