



# LOGAN WEST AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM	HIIT (45 Min)	Sculpt	Express HITT	City Pilates			
07:00 AM							
08:00 AM		City Aqua Indoor		City Aqua Indoor			
09:00 AM							
09:30 AM	Functional Fit	Basic Step and Sculpt		Circuit	City Punch		
10:30 AM	City Yoga	City Pilates	Mobility		City Yoga		
	City Aqua Indoor		City Aqua Indoor				
05:00 PM					Express Punch		
05:30 PM			Circuit				
06:00 PM							
06:30 PM	City Pilates	City Yoga	City Aqua Indoor	City Yoga			
	City Aqua Indoor	City Aqua Indoor		Aqua Zumba Indoor			
07:00 PM							



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!

### Mobility

Express Mobility is designed to help stretch and work on areas that may be causing tightness. This class is run in a relaxed environment using rollers, bands and own body weight. Great for all levels.

### 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 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.

### Express Punch

A high energy interval based 30 minute express 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.

### 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.

### 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.

### City Pilates

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

### 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.

### 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 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.

### 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.