

Opening Hours

Monday | Friday: 6am-8pm

Saturday | Sunday: 8am-5pm

Public Holidays: 8am-5pm

A Block, Haydon Drive, CIT Bruce

(02) 6207 4309 Email: fitandwell@cit.edu.



Group Exercise Class Descriptions

Exercise training guide: 1 = Least Demanding to 5 = Most Demanding

EASY

Functional Mobility

Level 1 -2 Cardio Level 1 - 2 Strength

Functional Mobility is a safe class suitable for anyone to attend, which focuses on flexibility, agility, balance, joint mobility, and core