

Gymea Bay Fitness

Group Exercise Time Table

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						TABATA 30 8.00 am
9.30am	RESULTS	RIP	TABATA	Pilates Mat	X-Trainer	RIP 30 8.30 am
						Pilates Mat 9.00 am
5.45pm	TABATA 30	RIP 30	RESULTS 30			
6.30pm	RIP		ZUMBA			
7.30pm	Yoga Hatha		Pilates Mat			

**Your Only
Limit
Is You**

NB: A class average of 6 and over must be maintained for a class to continue. Otherwise the class may be replaced or cancelled.

Monday to Thursday 5:30 am --- 9:00 pm

Friday

5.30 am --- 8.00 pm

Saturday & Sunday 7:30 am --- 4.00 pm

Public Holidays

7.30 am --- 12 noon

Gymea Bay Fitness www.gymeabayfitness.com.au ph 9525 2525
Corner Gymea Bay Rd & Kingsway Gymea NSW 2227

Group Fitness Class Descriptions

ZUMBA: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. This 45 minute class is included in membership, no booking required.

TABATA: Tabata training is one of the most popular forms of high-intensity interval training (HITT). Tabata consists of 4 minute rounds with 20 seconds of high intensity exercise with a 10 second recovery each round has 8 cycles hence 4 minutes

Yoga Hatha: Strength and flexibility through the use of physical posture, breathing and relaxation techniques. Beginners are definitely welcome; just take it at your own pace.

Pilates Mat: This class will not only challenge your core strength, balance and flexibility, it will give you a full body workout. Pilates aims to improve your body awareness by improving postural alignment, aiding in injury prevention.

RIP: Non-intimidating resistance training class using barbells with movements set to uplifting music. Designed to tone and strengthen your body & burn fat, a great class for beginners to experienced.

RESULTS: takes the best of boot camp, HITT, aerobic and toning/strength class formats and combines them with current core and functional equipment technology.

Results classes will use everything from Suspension Training, Kettle bells, Free-motion weight equipment, BOSU just to name a few plus Cardio Training.

The **Results** class gives you a full body effective cardio-core-strength work out to help you achieve your goals and is perfect for all fitness levels.

X-Trainer: Reclaim your body and X-train for improved overall fitness. This class mixes up cardio and strength and agility to increase your physical strength, flexibility and cardiovascular health

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