

# 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					
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](http://www.gymeabayfitness.com.au) ph 9525 2525  
 Corner Gymea Bay Rd & Kingsway Gymea NSW 2227

# Group Fitness Class Descriptions

**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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