

# Gymea Bay Fitness

## Group Exercise Time Table

| Class Time | Monday        | Tuesday             | Wednesday     | Thursday    | Friday    | Saturday               |
|------------|---------------|---------------------|---------------|-------------|-----------|------------------------|
|            |               |                     |               |             |           | TABATA 30<br>8.00 am   |
| 9.30am     | RESULTS       | RIP                 | TABATA        | Pilates Mat | X-Trainer | RIP 30<br>8.30 am      |
|            |               |                     |               |             |           | Pilates Mat<br>9.00 am |
| 5.45pm     | TABATA<br>30  | RIP<br>30           | RESULTS<br>30 |             |           |                        |
| 6.30pm     | RIP           | ZUMBA               | POWER<br>YOGA |             |           |                        |
| 7.30pm     | Yoga<br>Hatha | FAT LOSS<br>PILATES | Pilates Mat   |             |           |                        |

**For every action or inaction  
there is an equal and  
opposite reaction!**

**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

## FAT LOSS PILATES

The Fat Loss Pilates class is specially designed for men & women it combines the basics of Pilates but increases the pace giving you a full body cardio & strength workout. This class can assist with weight-loss, your core strength; reduce back soreness & general wellbeing

**Included in membership or Non-members program available**

## POWER YOGA

This 45 minute POWER YOGA class is a quicker flow of yoga and concentrates on cardio plus strength while maintaining the principles of Yoga. Non-member program also available.

## 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.

**Included in membership or Non-members program available**

**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 & BOSU just to name a few plus Cardio Training, 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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