

# Monday 31<sup>st</sup> January to Saturday 9<sup>th</sup> April 2011

## GBF Group Exercise Class Time Table

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am	X-Trainer	Body Pump	Body Combat	Pilates	X-Trainer	Body Combat <b>8.00am</b>
						Body Pump <b>9.00am</b>
5.45pm	Combat	Body Pump Q	X-Trainer			Pilates <b>10.00am</b>
6.30pm	Body Pump	Body Combat	Zumba From 16/02/2011	GX Punchfit 45 min		
7.30pm	Yoga		Pilates			

### **ZUMBA returns 6.30 pm Wednesday 16<sup>th</sup> February 2011**

#### **This class is an open class for members, no booking required, 45 minute class**

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. **Non Members: 8 week Zumba program \$88.00 or \$22.00 casual rate per class.**

**Body Pump:** The World Famous Les Mills non-impact resistance training class, using a barbell set to music. All ages and fitness levels can enjoy the benefits of muscle conditioning and toning as well as the great fat burning potential of this class. **Body PUMP Q is a 45 minute version of the original Pump format.**

**Body Combat:** A great Les Mills martial arts based fitness class, combining elements of tai chi, karate and kickboxing set to music for a great overall workout. No previous knowledge of martial arts is necessary.

**GX by Punchfit:** GX is a unisex user friendly 45 minute boxing class. It results in an intense session with huge gains in calorie burn, endurance, strength, confidence and co-ordination. Ladies this is a great full body work out!

**Note: You'll need GX gloves for this class, talk to reception about trying class out.**

**X-Trainer:** By combining both aerobic, anaerobic & strength & activities you will get a great over all work out. Beginners through to advanced participants can do this class.

**Pilates:** A strengthening and stretching class using controlled and balanced movements. Pilates is a great way to increase flexibility, abdominal & core strength and aids in helping prevent injury.

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

## GyMEA Bay Fitness

[www.gymeabayfitness.com.au](http://www.gymeabayfitness.com.au)

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## Operating Hours

Monday to Thursday **5:30 am --- 9:00 pm**  
Friday **5.30 am --- 8.00 pm**  
Saturday & Sunday **7:30 am --- 6.00 pm**  
**Public Holidays 7.30 am --- 12 noon**