

Join today!

YFITNESS

Group Fitness

Open 24/7

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STEP MIX

Easy to follow step-routines + hi-intensity strength training combo

BODY Blast

Combines HIIT, strength & cardio training for max. calorie burning & enhancing cardio health

TABATA

20 sec on / 10 sec off, plyometric, strength & conditioning class

HIIT 45

High Intensity Interval Training. A heartpumping total body workout

Chair Yo-Lates

Pilates+Yoga based chair movements, strength + stretch + core training

YOGA

Combines physical postures, breathing & meditation to improve overall health

Low-impact 'DANCE Mix

A fun low-med impact class for those who love to dance!

Light N Easy

Low Impact Session for 60+ members or anyone who enjoys low intensity fun

X-FIT

Functional, intense, interval training, scaled to any level of fitness

VIRTUFIT

45 min. sessions targeting strength and cardio.

TOTAL RESISTANCE

Resistance Training class designed for all ages & fitness levels

POWER BAR

Resistance workout using free weights, strength + muscle toning

No bookings required for classes.

PERSONAL TRAINING

Choose from 45 or 60 minute sessions:

1 x 45 mins 1-on-1...\$55.00
1 x 60 mins 1-on-1...\$70.00

Buy 10 x 45 or 60 minute sessions:

10 x 45 mins 1-on-1...\$500
10 x 60 mins 1-on-1...\$650

K-BELL Fusion

Exhilarating kettlebell sessions that target strength & conditioning!

STRENGTH & CORE

A total body conditioning class.

yfitnessbundaberg.org.au



BUNDABERG - YFITNESS GROUP SESSIONS - BUNDABERG

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:45 AM	TABATA 45 mins	HIIT45 45 mins	-	PowerBar 45 mins	-	-
8:00 AM	-	Chair Yo-Lates 45 mins	Light & Easy 45 mins	-	Low impact 'Dance Mix' 45 mins	VirtuFit 45 mins
9:00 AM	-	-	-	-	Light & Easy 45 mins	VirtuFit 45 mins
9:15 AM	Powerbar 60 mins	Body Blast 60 mins	TABATA 60 mins	Chair Yo-Lates 45 mins	-	-
10:30 AM	Light & Easy 45 mins	-	-	-	-	-
5:30 PM	Step Mix 60 mins	Y-XFit 45 mins	-	K-Bell Fusion 60 mins		

BARGARA - YFITNESS GROUP SESSIONS - BARGARA

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:45 AM	-	-	-	HIIT45 45 mins	-	-
8:00 AM	-	Yoga 60 mins	-	-	-	VirtuFit 45 mins
9:15 AM	Light & Easy 45 mins	Virtual Chair Yo-Lates Starts @9:10am - 45 mins	Light & Easy 45 mins	Total Resistance 60 mins	Yoga 60 mins	VirtuFit - Starts @9am 45 mins
5:30 PM	Strength & Core 45 mins	-	TABATA 45 mins	-	-	-

PLEASE NOTE: ACCESS CARDS FOR MEMBERS ONLY TO GAIN ENTRY TO GYM(S) COST \$35. TERMS & CONDITIONS APPLY TO ALL FITNESS CLASS TYPES.

BUNDABERG Staffed Hours:

Mon-Fri....7am-11am

Mon-Thu....4pm-7pm

Saturday....7am-10am

7 Quinn St, Kepnock, QLD 4670

Ph: 07 4132 8251



To find out more visit:

yfitnessbundaberg.org.au



BARGARA

Staffed Hours:

Mon-Thu....7am-10am

Mon-Wed....4pm-6:30pm

Saturday....7am-10am

Bargara Central Shopping,
Bargara, QLD 4670

Ph: 07 4132 8288