

Join today!

YFITNESS

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

Chair Yo-Lates

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

Breath + Balance

Improve balance, core strength & flexibility. Multiple modalities

Y-XFit

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

BOX IT

A dynamic class that combines boxing, cardio & strength training = full body workout

Open 24/7

YFITNESS

TABATA

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

HIT 45

High intensity interval training. A heartpumping total body workout

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

Line Dancing

Fantastic class for all ages. Wear flat, comfy shoes. Kepnock Hall

POWER BAR

Resistance workout using free weights, strength + muscle toning

K-BELL Fusion

Exhilarating kettlebell sessions that target strength & conditioning!

Strength & CORE

A total body conditioning class.

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



BUNDABERG - YFITNESS GROUP SESSIONS - BUNDABERG

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	-	HIIT45 45 mins	-	PowerBar 45 mins	TABATA 45 mins	-
8:00 AM	-	Chair Yo-Lates* 45 mins	Light & Easy 45 mins	-	Low impact 'Dance Mix' 45 mins	BOX-IT 45 mins
9:00 AM	-	-	-	-	Light & Easy 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	-	-	-	-	-
1:30 PM	-	-	-	Line dancing, Kepnock Hall, Totten St 60 mins	-	-
5:30 PM	Step Mix 60 mins	Y-XFiIT 45 mins	-	K-Bell Fusion 60 mins	-	-

BARGARA - YFITNESS GROUP SESSIONS - BARGARA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	-	-	-	-	-	-
9:15 AM	Light & Easy 45 mins	Breath & Balance 60 mins	Light & Easy 45 mins	Breath & Balance 60 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