

OUR MAIN SERVICES

MEMBERSHIPS

Whether you need to make a lifestyle change, lose weight or maintain a healthy lifestyle, CBay Fitness has a membership for you. Our professional instructors provide ongoing support and personal attention to help you achieve results.

WHAT YOUR MEMBERSHIP INTRODUCTION WILL INCLUDE:

- Initial Fitness Assessment and Exercise Program with a qualified Fitness Instructor
- Gym Tour
- Complimentary 6 weekly exercise programme reviews
- All Les Mills Group Fitness classes
- Aqua Fitness classes (Premium Memberships Only)

OUR CONTACT



info@cbaytimaru.co.nz



03 687 7723



11 Te Weka Street, Timaru, 7910



www.cbaytimaru.co.nz/gym



Monday - Friday 5:30am to 9pm
Weekends - 7am to 7pm
Public Holidays - please see website

START YOUR TRAINING TODAY



CBay
Fitness



FITNESS FOR EVERY BODY

WWW.CBAYTIMARU.CO.NZ/GYM





**JOIN OUR GYM &
GET YOUR FITNESS
JOURNEY STARTED!**

FOLLOW US ON SOCIAL MEDIA

 [cbay_fitness_timaru](#)

 [CBayFitness](#)

ABOUT OUR FACILITIES

GYM AREA

CBay Fitness is your ultimate fitness destination, packed with Cybex strength and cardio equipment to supercharge your workouts! Our vibrant facility features a dedicated stretching and core training area, along with an impressive array of free weights, a smith machine, chest press, barbells, and benches. Plus, enjoy the convenience of complimentary in-gym lockers to keep your belongings safe while you focus on smashing your fitness goals.

GROUP FITNESS AREA

Experience the energy and motivation of our Les Mills group fitness classes in our dedicated group fitness area. We also have a spin studio for exhilarating cycle classes, perfect for improving cardiovascular fitness in a fun, group setting. Join our expert instructors and a supportive community to achieve your fitness goals together!

MEMBERSHIP PAYMENT OPTIONS

Flexi-Membership Payment: Paid fortnightly and is an on-going direct debit payment until you choose to cancel your membership. It is IMPORTANT to note that you ARE REQUIRED to give at 30 DAYS NOTICE before suspending or cancelling your Flexi-Membership.

Premium Full: \$53.90 per fortnight

Standard Full: \$40.70 per fortnight

Premium Off-Peak: \$38.50 per fortnight

Standard Off-Peak: \$31.90 per fortnight

(Access from 8am to 3:30pm Monday to Sunday)

12 Month Membership: One full payment up front and is locked in for 12 months.

Premium Full: \$1155.00

Standard Full: \$984.50

Premium Off-Peak: \$924.00

Standard Off-Peak: \$753.50

ageFIT



This program offers structured and guided training specifically designed for our active senior gym members. With a focus on functional, easy-to-follow exercises, you'll be empowered to achieve an active and independent lifestyle. Join us and discover the joy of staying fit, strong, and vibrant at any age!

ageFIT classes focus on a variety of fitness components important for keeping fit and active including:

Resistance Training: this helps improve muscle mass, strength and functional fitness to give you power for everyday activities.

Balance Exercises: will provide you with key exercises to help avoid falls. Balance exercises also help improve your gait and confidence in your daily routines.

Flexibility Training: these will increase your range of motion in joints and will aid balance and mobility.

Cardio Training: low impact endurance training will help maintain and improve efficient heart & lung function for any ongoing activity.

Included in CBay Fitness memberships, and just \$5 per class for non-members

To join, please see CBay reception

