

GENTLE GYM CLASSES



Come and have a go at one of our gentle gym classes. It is a fun casual session of gymnastics, tumbling and trampoline for adults. Does not matter if you are an ex-gymnast or just wanting to learn, this class has it all.

Our qualified coaches have many years of experience and are able to help you with any particular skill you may want to learn. Improve your flexibility, fitness, strength, co-ordination, confidence and skill level. These classes help with strengthening joints, bone and muscle mass, cardio and weight control. Along with mental health, motor development, relaxation and self-confidence. Then stay for a free cuppa and something to eat, whilst making new friends, at 26 Dellamarta Rd gym.



Classes run Monday and Fridays 9.30-11am. Cost \$20 per session. There is an additional fee of \$80 per calendar year for GWA affiliation with sports injury insurance which is compulsory after 3 trials. The cost then goes down to \$15 per session once paid. Class is at 29 Dellamarta Rd gym.