

# GAMA FITNESS ARE DOING IT

GAMA CENTRE  
Gym And Martial Arts



# FOR THE PEOPLE!!!

## PHILLIP ROCKS ZUMBA



Zumba is the latest craze hitting the streets. A combination of dance, fitness and booty shaking to music from around the globe. Phillip and Kenia take their unique delivery style across the district with classes in Te Kauwhata, Huntly and soon Raglan.

## KENIA KEEPS THE PLACE TOGETHER



My ethos for GAMA when I opened it was to have an environment that makes you feel comfortable as soon as you walk through the door.

We are a family gym, with my son Phillip coming back from Uni and working in the gym bringing the whanau concept into play, with an overall emphasis on lifestyle changes by balancing mind, body and spirit based on my years of training in Martial Arts and in the fitness industry.

Having the gym concept and Martial Arts combined as well as alternative natural treatment intertwined with Richard is the balance I was aiming for. I'm really excited about what we have achieved and where we are heading.

GAMA has a double meaning: Gym And Martial Arts and GAMMA meaning three or tri with the focus on the celestial. The triangle inverted represents the three and the growth as you ascend through your lifestyle challenge.

The Yin and Yang is for balance and harmony. The central fist inside the black & gold yin and yang is the Martial Arts aspect and homage to all my past and present instructors. Black and gold are Lims Tae Kwon Do national colours.

With Zumba now we have the other link in the chain, which is "FUN". Phillip instructs Zumba onsite and in schools, I instruct Zumba offsite for community and corporate.

I had been looking for a cardio class that had a difference from the old style aerobics/step type classes... people were getting tired of those classes and so were we delivering them.

Zumba came along and I seized the opportunity to bring it to GAMA. Zumba is fun, it's latin dancing, it's a totally enjoyable experience with fitness. There are five different aspects to Zumba; at present we are only delivering two which are Zumba Fitness and ZumbAtomic. We are in the process of completing our Instructor training for the other three. Zumba has taken off because people can have fun and party to Zumba. The atmosphere is infectious; you just want to have fun and Zumba.

## RICHARD TAKES A NATURAL APPROACH



Richard Tumai promotes alternative natural treatment for all body pain, sport injuries and work injuries. He has 40 years of experience working with all shapes, sizes, ages, abilities, disabilities and famous people. His treatment requires no drugs or injections and is based on MAORI RONGOA.

## GAMA CENTRE

178 Main Street  
Huntly  
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07 828 7700

## PAT KEEPS THE PUNTERS UPRIGHT AND ACTIVE:



Pat Forbes provides weekly strength and balance classes for our Kaumatua. Classes are great fun, affordable and you get to move along to the good old tunes of back in the days.

## CLASSES AVAILABLE:

- Interval Training
- Body Sculpting
- Cardio Tone
- Tai Chi
- Lims Tae Kwon Do
- Tae Box/Fight Fit
- Circuits
- Lifestyle Challenge
- ZUMBA

We have 4pm slot Mon – Fri for children. Their classes are ZumbAtomic & Lims Tae Kwon Do, the age restriction is 5yrs.



sportwaikato  
out there and active