



Meet Gareth – The Boss, Personal Trainer and proud owner of Body Work Gym.

Gareth has been in the fitness industry for 20 years and is passionate about helping people. Gareth's motto – "if you're not shaking you're not making".

Aside from putting on great classes and taking members through successful programmes he's also operational crew at Whangamata Coastguard and helps out the local rugby team by whipping the boys into shape.



Meet Gem – Personal Trainer and Class Instructor.

Gem's motto: "Nothing changes if nothing changes" – whatever your goal, consistency is KEY. When she's not at the gym taking classes & PT's you'll find her out and about running Boot Camps by 25 to Life Fitness. See 25 to Life Fitness on Facebook and Insta for more info!



Meet Mel (left) – BoxFit Instructor.

Mel is an ex New Zealand and Oceanic Boxing Champ! Mel's BoxFit classes are great for both beginners and seasoned boxers wanting to maintain or increase their fitness.

She takes classes on Monday nights at 6.15pm!



Meet Tony – Yoga Instructor.

Tony's also a mountain biking enthusiast! When he's not in Warrior Pose you'll find him in the hills, if you're new to the area Tony's the man to point you in the right direction of all the best mountain biking tracks!



Meet Caroline – Spin and Pump Instructor.

Caroline is one busy lady! When she's not instructing you can find her here at the gym working out. Caroline is also into adventure races and events that get her outdoors!