

GROUP EXERCISE SCHEDULE

MONDAY

Ivengar Yoga
4:30 pm > GXS | 60 min
Larry

SPIN
5:30 pm > SPN | 60 min
Surprise

Cardio Kick Boxing
5:30 pm > GXS | 60 min
Jenna

Boxing
6:30 pm > GXS | 60 min
Jeff

TUESDAY

BOOT CAMP \$
6:30 am > GYM | 60 min
Andrew

FITCAMP \$
9:00 am > GYM | 60 min
Andrew



SPIN
5:30 pm > SPN | 90 min
APRIL 13th ONLY!

BOOT CAMP \$
6:30 pm > GYM | 60 min
Jenna

Latossa Escrima \$
6:30 pm > GXS | 60 min
Steve

Kung Fu Wing Tsun \$
7:30 pm > GXS | 90 min
Steve

WEDNESDAY

Ivengar Yoga
5:30 pm > GXS | 60 min
Larry

SPIN
5:30 pm > SPN | 60 min
Jenna

Boxing
6:30 pm > GXS | 60 min
Jeff

THURSDAY

BOOT CAMP \$
6:30 am > GYM | 60 min
Andrew

FITCAMP \$
6:30 am > GYM | 60 min
Andrew

SPIN
5:30 pm > SPN | 60 min
Surprise

BOOT CAMP \$
6:30 pm > GYM | 60 min
Jenna

Kung Fu Wing Tsun \$
7:30 pm > GXS | 90 min
Steve

FRIDAY

SPIN
5:00 am > SPN | 60 min
Jeff Stanly

Boxing
6:30 pm > GXS | 60 min
Jeff

SATURDAY

BOOT CAMP \$
7:30 am > GYM | 60 min
Andrew, Jen, Jenna

SPIN & Core
9:00 am > SPN | 60 min
Jen

Latossa Escrima \$
3:00 pm > GXS | 60 min
Steve

Kung Fu Wing Tsun \$
4:00 pm > GXS | 60 min
Steve

SUNDAY

Class Card Pricing:
Non-Member \$15/Class or \$60/5 Classes or \$100/10 Classes
CLASS HOTLINE: (707) 778-8889
REMINDER: All SPIN classes require sign up in advance.

NEW TIMES
MONDAY
5:30 PM
WEDNESDAY
5:30 PM
THURSDAY
5:30 PM
FRIDAY
5:00 AM
SATURDAY
9:00 AM

GRAY = PROGRAM ON HOLD—WILL RESTART WITH DEMAND

Main Gym > **GYM** Group Exercise Studio > **GXS** Spin Studio > **SPN** Wiseman Park > **WPK** Additional Fee > \$ Class Cards Available > Sign Up in Advance Required >

GROUP EX NEWS

NEW SPIN TIMES: Check the schedule and don't miss your chance to SPIN!
We've added a NEW MASTER SPIN & CORE on Tuesday, April 13th! Sign Up today, this one is sure to fill up.

NET TIME FOR CARDIO KICK BOXING!
Now on Monday's at 5:30PM with Jenna! Come and get an @\$\$ Kicking Workout!



CLASS DESCRIPTIONS

SPINNING

A cardio-fitness class using specially designed stationary bikes for an awesome indoor ride! Classes are led by a certified instructor using coaching and music to motivate the group through a simulated terrain. Burn 500-900 calories in a one hour session.

PRICING: General classes **free with membership**

Master Classes—90 Minute >> \$15/Non-Members // \$10/Members

Non-Member Class Cards available: \$15/1 session or \$60/5 session or \$100/10 Sessions

FITCAMP

An 8-WEEK group exercise program designed to get you out of the gym and help you reach your fitness goal with a combination of cardio, resistance training, stretching and fun.

PRICING: 1x per Week/\$176 << >> 2x per Week/\$288 << >> Drop-In/\$25

Boot Camp

A 8 week, 3-days-a-week, Boot Camp style program that will jump start your workout. Achieve 3-5% reduction in body fat, 5-12 lbs. of weight loss, 25% increase in strength, 25% increase in endurance and 100% gain in self confidence.

PRICING: \$549>24 sessions// Couples price \$895 << >> Drop-In/\$25

BOXING

A circuit training class focusing on the fundamentals of boxing with an emphasis on techniques. This is a cardio workout you won't forget!

PRICING: General classes **free with membership**

Non-Member Class Cards available: \$15/session or 5 sessions for \$60

BATTING CAGE

Our private "arm-style" batting cage is available for team and individual rental. We also offer private pitching and hitting instruction and team power training. Ask about the Inspired Fitness Baseball Training Facility for your team.

PRICING: \$15/15 Minutes << >> \$50/Hour

YOGA

Ivengar Yoga offers a full-body conditioning to improve balance, strength, and flexibility while focusing on deep breathing to relax the body and mind.

PRICING: **Free with membership**

Non-Member Class Cards available: \$15/session or 5 sessions for \$60

CARDIO KICK BOXING

Cardio kickboxing is fun and challenging aerobic workout that will increase your strength, flexibility, coordination, balance and confidence. Kick and punch your way through a high-calorie burning, total-body workout.

PRICING: **Free with membership**

Non-Member Class Cards available: \$15/session or 5 sessions for \$60

Latassa Escrima

This Filipino stick fighting class encompasses fighting concepts developed by Grandmaster Rene Latosa. These concepts: focus, balance, power, transition, speed, timing and distance, are fluid throughout the class.

PRICING: Class Cards Available, drop in \$15

KUNG FU WING TSUN

A modern self-defense method, which includes kicks, punches, elbow strikes, knee strikes, grappling and takedowns that is suitable for everyone, because it eliminates stress and increases self-confidence, good health, well-being, and longevity.

PRICING: Class Cards Available

Ask About a Personal Trainer

Whether you've been working out for years or are new to the gym, a personal trainer can help you to meet your health, fitness and performance goals.

For more information on Personal Training, or any of our other fitness programs or classes, please stop by the desk and talk with one of our friendly staff members.

If not now, when...?