



Hello current & future Gymnanigan Champs, this is the class schedule & events for May at Gymnanigans. You have the option to pick and choose the classes you're interested in or sign up for all the May classes and events for \$135 (reg. \$204).

Bundle includes:

- All classes include studio & outdoor workouts
- Fight2Be Fit Meal Plan

Current clients can register by texting or emailing Donna with list of desired classes or request the bundle. Invoices will arrive via text or email the week of April 21st.

Let Donna know if you have any special billing requests

New clients please complete registration at <https://gymnanigans.ptminder.com>, then select the bundle or individual classes plus the group time.

Thank you for considering Gymnanigans

May BodyShock workout Calendar

May 4th Gymnanigans Champ Outdoor Workout

9:30 am (apx 40 min)

Highlands Park, 101 Regents Park Drive

\$10 non Gymnanigan Members

Week 1

May 6	BodyShock Class (boxing/ strength training) 30-40min class	\$12/class
May 8	BodyShock Class (boxing/ strength training)	\$12/class
May 10	BodyShock Class (boxing/ strength training)	\$12/class

Week 2

May 13	BodyShock Class (boxing/ strength training) 30-40min class	\$12/class
May 15	BodyShock Class (boxing/ strength training)	\$12/class
May 17	BodyShock Class (boxing/ strength training)	\$12/class
May 18	Deep Stretching w/ Sierra @ 10am	\$10/class

Week 3

May 20	BodyShock Class (boxing/ strength training) 30-40min class	\$12/class
May 22	BodyShock Class (boxing/ strength training)	\$12/class
May 24	BodyShock Class (boxing/ strength training)	\$12/class
May 25	Gymnanigan Champ Outdoor Workout	\$10

Week 4

May 27	BodyShock Class (boxing/ strength training) 30-40min class	\$12/class
May 29	BodyShock Class (boxing/ strength training)	\$12/class
May 31	BodyShock Class (boxing/ strength training)	\$12/class

Studio closed April 29th, 30th, May 1st, May 2nd, May 3rd, May 4th

Resume classes May 6th

Events

May 4 th & 25 th	Gymnanigan Outdoor workout Looking for a mid-morning Saturday running group? Outdoor workout / obstacle course to increase endurance, strength & conditioning If you would like more information about the runs please contact Donna, donna@gymnanigans.com (707)310-0863	\$5
May 18 th	Deep Stretch w/ Sierra Yoga movements to increase flexibility and strength At Gymnanigans	\$10

Current class time availability

Monday – Wednesday – Friday
5am, 6am, 5:30pm, 6:30pm

Private sessions available on Tuesday & Thursday
Contact Donna for availability