

March 2020

Spring Body Rock Bootcamp

Gymnanigans Boxing Fitness for Women 1409 Georgia St., Vallejo 94590 | (707)310-0863
donna@gymnanigans.com | www.gymnanigans.com | IG: chief_fitness_officer_Donna

Fitness & Nutrition counseling for women of all fitness levels & ages
 Sign-up online www.gymnanigans.com

*\$15/ class or \$160/ month Unlimited classes

*4-wk Fight 2B Fit meal plans (60plus recipes, meal plans and grocery list) \$100

*2 week Get on Track Meal Plan \$50

*Vegan 2 week Meal Plans \$50



for women

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Classes 5a, 6a, 5:30p, 6:30p	3	4 Classes 5a, 6a, 5:30p, 6:30p	5 One-on-One sessions available	6 Classes 5a, 6a, 5:30p, 6:30p	7 One-on-One sessions available
8	9 Classes 5a, 6a, 5:30p, 6:30p	10	11 Classes 5a, 6a, 5:30p, 6:30p	12 One-on-One sessions available	13 Classes 5a, 6a, 5:30p, 6:30p	14
15	16 Classes 5a, 6a, 5:30p, 6:30p	17	18 Classes 5a, 6a, 5:30p, 6:30p	19 One-on-One sessions available	20 Classes 5a, 6a, 5:30p, 6:30p	21 Fitness Jamboree see back for details
22	23 Classes 5a, 6a, 5:30p, 6:30p	24	25 Classes 5a, 6a, 5:30p, 6:30p	26 One-on-One sessions available	27 Classes 5a, 6a, 5:30p, 6:30p	28
29	30 Classes 5a, 6a, 5:30p, 6:30p	31				

Ready for a class – register online at www.gymnanigans.com or come 10 min prior to class to register...first class \$5 (cash) or pay online

Events:

3/21 Fitness Jamboree hosted by the School of Chinese Martial Arts (see back for details)

4/11 Gymnanigans Nutrition Basics Workshop – 11am – 12:45p JFK Library

Body Rock Classes: Boxing Full-Body Fitness class includes Calisthenics and boxing circuit to burn calories and build muscle

Private 1-1 sessions available to work on your specific goals and fitness: schedule at www.gymnanigans.com

Check the link for class rates; not included in
 Gymnanigans monthly rate Register online at
<https://forms.gle/eBijuzBAqpKyA8MF8>

SAVE THE DATE:

FREE Plan-Eat-Train Nutrition Basics Workshop

April 11th, 11-12:45p

JFK Library, 505 Santa Clara St.

Don't forget to check the backSee you soon at Gymnanigans

Donna Medina
Gymnanigans.com

Hit to Get Fit Workouts

Vallejo – 1409 Georgia St.
 (707)310-0863 | donna@Gymnanigans.com
Gymnanigans.com



School of Chinese Martial Arts

★★★★★ 10 Reviews
 Martial Arts, Tai Chi

★★★★★

Add Photo Check In

340 Georgia St
 Vallejo, CA 94590 Directions 3.8 mi

Call
 (707) 712-3223

Upcoming events

Register online at <https://forms.gle/eBiju2BAqPKyA8MF8>



MAR
21 Fitness, Self Defense, and
 Wellness Jamboree

Public · Event · by School of Chinese Martial
 Arts Vallejo

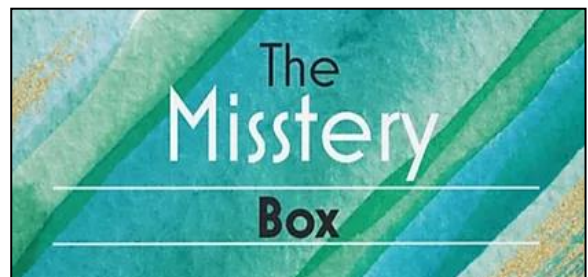
Message

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Saturday, March 21, 2020 at 9 AM – 6 PM

255 Georgia St, Vallejo, CA 94590-5905,
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