



“Strength Comes in the Struggle”



“Champions win by not defeating themselves”



“Your body can stand almost anything. It’s your mind that you have to convince.”

Donna Medina, CBC



Hey folks, I'm Donna the owner/certified boxing fitness trainer & Sports Nutrition counselor at Gymnagans, Vallejo. I invite you to Gymnagans to chat with me about your fitness goals & how Gymnagans can help you on your fitness journey. If you're ready to work, your goals can be achieved. Are YOU Ready?



WHEN IS THE RIGHT TIME TO GET STARTED?

The time is now! It's never too late to improve your health with exercise. The best time to start is today.

Gymnagans Boxing Fitness & Strength Training for Women
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Hello current & future Gymnagan Champs, this is the class schedule & events for June at Gymnagans. You have the option to pick and choose the classes you're interested in or sign up for all the June classes and events for \$140 (reg. \$210).

Bundle includes:

-All classes include studio & outdoor workouts -Fight2Be Fit Meal Plan
New clients please complete registration at <https://gymnagans.ptminder.com>, then select the bundle or individual classes plus the group time.

Class time options: 5:00am, 6:00am, 10:30am, Noon, 5:30pm, 6:30pm

Thank you for considering Gymnagans

June 6	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 7	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 8	Gymnagans BoxFit Outdoor Workout	10am \$12/class	30-40min class
Must RSVP at https://gymnagans.ptminder.com (no drop-ins)			
June 10	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 12	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 14	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 17	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 19	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 21	BodyShock Class (boxing/strength training)	\$12/class	30-40min class
June 22	Gymnagans Run at the Vallejo Marina	9am \$5	time: TBD
June 24	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 26	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class
June 28	BodyShock Class (boxing/ strength training)	\$12/class	30-40min class

On-going Online Training utilizing Skype or Zoom and 1:1 In-person Studio Personal Training services

EXERCISE OF THE MONTH : *FRONT PLANK*

Targets: Abdominals and core muscles
Level: Beginner

“The plank is an excellent abdominal and core exercise. It works not only the rectus abdominis, but also the other ab muscles and the core muscles that run from the pelvis along the spine and up to the shoulder girdle. To ensure you keep your core strong and stable, add the plank to your ab workout program.” Compliments of www.verywellfit.com

