

### HIT TO BE FIT

At Gymnanigans, we literally hit to be fit; we hit heavy bags and mits to be exact. Boxing fitness is a great way to burn calories and build muscle. The workout engages your body and mind by channeling the fundamentals of a true boxer's workout. We Jab, cross, hook, uppercut our way to a fitter, stronger, better version of ourselves.

### ARE YOU READY?

Each of our boxing workouts consists of 1 – 3 minute rounds where Cert. Boxing Fitness Coach Donna will lead you through a series of punches on the 100lb heavy bag. She will lead you, show and teach you how to properly execute each one throughout the rounds. Don't worry about getting it exactly right...we just keep moving to the beats to get a good workout. Practice makes perfect...You'll get better with each jab, cross, uppercut, hook. Come join us....We're on this fitness journey together.



### THIS ISSUE

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JUNE CLASS SCHEDULE **P.2**

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## HELLO, SUMMER IS CALLING...ARE YOU READY?

Summer is approaching, and with it comes a lot of opportunities to get moving in the outdoors. While you might not wish to give up your studio and gym workouts totally, you might wish to consider squeezing in some activities whenever you can.

Gymnanigans pulled together some of the most typical outdoor activities you can do to get you ready for outdoors this coming summer!

- **WALKING**

This is one of the easiest ways to get fit outdoors. Brisk walking regularly can enhance the health of your lungs, heart, and circulatory system. According to the CDC, ten minutes of brisk walking, three times per day for five days a week is enough to strengthen your aerobic health.

- **SWIMMING**

This is another excellent way to enhance your aerobic fitness, and it presents a host of benefits similar to running and walking. Swimming might be better for older adults because it might help improve core muscles and lower the risk of falls. What's more, swimming might help individuals with arthritis boost the use of their joints without aggravating their condition, according to the Centers for Disease Control and Prevention.

- **HIKING**

Hiking not just offers you an awesome aerobic routine but it might also be great for your mental health. That's because research tells that spending time in nature lowers negative thinking and stress levels. Dust off your hiking gear, find a breathtaking spot and get going. It does the mind and body good.

- **CYCLING**

This is a low impact exercise which offers health benefits but is simple on your joints and muscles. Some research tells that even a slight bike ride could help people prevent weight gain.

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Enjoy your outdoor summer activities and don't forget Gymnanigans Boxing Fitness & Strength Training for Women in Vallejo is available to get you fit and ready to enjoy the outdoors. Come hit the bags, lift some weight and enjoy the benefits of boxing fitness and strength training.

Check us out at [www.gymnanigans.com](http://www.gymnanigans.com)

Want to chat with Donna about your fitness goals?

Schedule your free fitness consultation at  
(707)310-0863 | <http://gymnanigans.ptminder.com>





"Strength Comes in the Struggle"

Heather McInnis is feeling proud at Gymnanigans Fitness Studio. 6 mins · Vallejo · 📍

This picture means a lot to me, I have lost 11 inches since I started my journey to be healthier and keep my diabetes under control.. it's not easy and I can do better with my eating but I am far from where I started off. Thank you to my trainer Donna for pushing and supporting me through this. I really didn't think I was doing that well but this picture shows me I am!!!



"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 Gymnanigans, Vallejo. I invite you to Gymnanigans to chat with me about your fitness goals & how Gymnanigans 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.

Gymnanigans Boxing Fitness & Strength Training for Women  
1409 Georgia St., Vallejo 94591 | [donna@gymnanigans.com](mailto:donna@gymnanigans.com) | (707)310-0863

Hello current & future Gymnanigan Champs, this is the class schedule & events for June at Gymnanigans. 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://gymnanigans.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 Gymnanigans

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	Gymnanigans BoxFit Outdoor Workout 10am	\$12/class	30-40min class
Must RSVP at <a href="https://gymnanigans.ptminder.com">https://gymnanigans.ptminder.com</a> (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	Gymnanigans 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](http://www.verywellfit.com)