

# February 2020

## Heart of a Warrior Workout Month

Gymnanigans Boxing Fitness for Women 1409 Georgia St., Vallejo 94590 | (707)310-0863  
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Come one Come all women of all ages & fitness levels

\$15/ class or \$160/ month Come to **SOME** or **ALL** classes

Want an added boost to your workout? Sign up for the **4 Week Transformation Challenge** includes all workouts plus 60plus recipes, meal plans and grocery lists



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join us for 30 min med-high intensity workouts that will energize and strengthen you! <b>Gymnanigan Champs Hit To Get Fit</b> <a href="http://www.gymnanigans.com">www.gymnanigans.com</a>    bigmommamedina  Donna Medina or Gymnanigans Boxing Fitness						
2	3 Boxing Full-Body Fitness Classes 5am, 6am, 5:30p, 6:30p	4	5 Band & Box Fitness Classes 5am, 6am, 5:30p, 6:30p	6	7 Fight Friday Warrior Class 5am, 6am, 5:30p, 6:30p	8 Boxing Flow Class 10am/\$10 (yoga / tai-chi)
9	10 Boxing Full-Body Fitness Classes 5am, 6am, 5:30p, 6:30p	11	12 Band & Box Fitness Classes 5am, 6am, 5:30p, 6:30p	13	14 Fight Friday Warrior Class 5am, 6am, 5:30p, 6:30p	15
16	17 Boxing Full-Body Fitness Classes 5am, 6am, 5:30p, 6:30p	18	19 Band & Box Fitness Classes 5am, 6am, 5:30p, 6:30p	20	21 Fight Friday Warrior Class 5am, 6am, 5:30p, 6:30p	22
23	24 Boxing Full-Body Fitness Classes 5am, 6am, 5:30p, 6:30p	25	26 Band & Box Fitness Classes 5am, 6am, 5:30p, 6:30p	27	28 Fight Friday Warrior Class 5am, 6am, 5:30p, 6:30p	29
<b>"You Can't Out Exercise a Bad Diet"</b> Nutrition and Exercise goes hand in hand when cutting fat and building muscle *4-week Transformation program includes month of workouts plus 4 week meal plan/ nutritional manual/grocery list & recipes \$195 *4-week meal plan / recipes \$100 *2 Week meal plan and recipes \$40 (for current GChamps)						

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

**Band & Box Fitness class:** Weight bearing workout including body weight, dumbbells plus boxing fitness

**Fight Friday class:** Combination of functional & strength training and boxing fitness

Private 1-1 sessions available to work on your specific goals and fitness: schedule at <https://calendly.com/gymnanigans/private-gymnanigans-training-sessions>