

### Eat Like an Athlete Workshop



### Sports Yoga – Flexibility Training



“Champions win by not defeating themselves”



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

### Donna Medina, Cert. BC



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?

goodbye, august  
hello, september

QuotesIdeas.com

## 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 September No Saggy Glutes Workout plus Belly Fat Waist Loss Challenge Aka B.A.G (Boxing – Abs – Glutes)

It's time to box! Well, we do that everytime we walk into Gymnanigans, so let's continue the journey of building our upper body strength, along with strong glutes and abs while increasing our energy

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

### Bundle includes:

Rate: \$150 for all sessions  
-All classes include studio 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. **\$150 or \$15/class**

Class time options: 5:00am, 6:00am, 12:15pm, 5:30pm, 6:30pm

Thank you for considering Gymnanigans

#### Week 1

Mon-Wed-Fri  
September 2, 4, 6

#### Week 2

Mon-Wed-Fri  
September 9, 11, 13

#### Week 3

**Tues-Wed-Fri**  
September 17, 18, 20

#### Week 4

Mon-Wed-Fri  
September 23, 25, 27

On-going Online Training utilizing Skype or Zoom and 1:1 In-person Studio Personal Training services  
See private training schedule <https://calendly.com/gymnanigans>

## Digital Download EBook of the Month

[www.gchampsebooks.com](http://www.gchampsebooks.com)

