



Hello current & future Gymnanigan Champ, this is the class schedule & events for March at Gymnanigans. You have the option to pick and choose the classes you're interested in or sign up for all the March classes and events for \$135 (reg. \$204).

Bundle includes:

- All classes plus April running class
- Lemon water report
- Fight2Be Fit Meal Plan

Current clients can register by texting or emailing Donna with list of desired classes or request the bundle. Invoices will arrive via text or email the week of February 24th. Let Donna know if you have any special billing requests.

New clients please complete registration at <https://gymnanigans.ptminder.com>, then select the bundle or individual classes plus the group time.

Thank you for considering Gymnanigans

March Madness Calendar

Week 1

March 4	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 5	Power & Strength with weights & cords 30 min Med-high intensity full body strength class	\$10/class
March 6	Punches-n-Bunches Boxing	\$12/class
March 7	ROM It Around (range of motion) 22min 22min stretch class using bands & poles	\$10/class
March 8	Punches-n-Bunches Boxing	\$12/class

Week 2

March 11	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 13	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 15	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 16	Saturday No Generic Fuel Workshop Workshop on healthy eating including nutrition information	\$20

Week 3

March 18	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 19	Power & Strength with weights & cords 30 min Med-high intensity full body strength class	\$10/class
March 20	Punches-n-Bunches Boxing	\$12/class
March 21	ROM It Around (range of motion) 22min 22min stretch class using bands & poles	\$10/class
March 22	Punches-n-Bunches Boxing	\$12/class

Week 4

March 25	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 26	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
March 27	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class

Events

April 6	Gymnanigan Champ Fun Run Looking for a mid-morning Saturday running group? Join other Gymnanigan Champs for this informal running group at 9am for a 30-60min run. All paces welcome. Meet at the Vallejo Waterfront. If you would like more information about the runs please contact Donna, donna@gymnanigans.com (707)310-0863	\$5
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Looking forward to working with you in March & Beyond

Current class time availability

Monday – Tuesday – Wednesday – Thursday – Friday
5am, 6am, 10am, 5:30pm, 6pm