

January 2021

Gymnanigans Studio 1409 Georgia St., Vallejo (707)310-0863
www.gymnanigans.com

We Train Champions



STRONG YOU month

Are You Ready!

Gymnanigans Unleash YOUR Strong & Champion Strong LIVE

Get ready to learn the proper way to lift, gain strength, start building muscle in your upper and lower body plus rev up your fat burning engine

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year Private Sessions Special 3/ \$140	2
3	4 Champion Strong Full Body Workout 5:30pm	5 Rest	6 Champion Strong Full Body Workout 5:30pm	7 Rest	8 Champion Strong Full Body Workout 5:30pm	9 Tai Chi Strong LIVE 11:00am
10	11 Unleash The Strong Upper Body back-chest-shoulders-arms 5:30pm	12 Unleash The Strong Lower Body butt-quads-hamstrings-calves 5:30pm	13 Unleash The Strong Upper Body back-chest-shoulders-arms 5:30pm	14 Rest	15 Unleash The Strong Lower Body butt-quads-hamstrings-calves 5:30p	16 Tai Chi Gymnanigan Training App
17	18 Champion Strong Full Body Workout 5:30pm	19	20 Champion Strong Full Body Workout 5:30pm	21	22 Champion Strong Full Body Workout 5:30pm	23 Tai Chi Strong LIVE 11am
24	25 Attach The Back Fat Upper Body Workout 5:30pm	26 Strong Foundation Lower Body Workout 5:30pm	27	28	29 Fitness Palooza Full Body Workout 1 HR WORKOUT 5:30p	30
31	<p>\$160/ month Includes access to Gymnanigan Training App, Fight 2B Fit Nutrition Program, Gymnanigans Strength Training Ebook & Eye Mask Hold Your Spot https://checkout.square.site/buy/IOJIRK7CBUAUPNBPHP5TPVLT Pay As you Go \$20/class https://checkout.square.site/buy/7USKWXP7SSWL5WRBHJABDJVV</p>					