



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

Bundle includes:

- All classes plus April running class & park workout
- 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 March 25th.

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

April Super Sexy Spring Workout Calendar

Week 1

April 1	Punches-n-Bunches Boxing 30min med-high intensity boxing fitness	\$12/class
April 2	Punches-n-Bunches Boxing	\$12/class
April 3	Punches-n-Bunches Boxing	\$12/class
April 4	Punches-n-Bunches Boxing	\$12/class
April 5	CLOSED	
April 6	Gymnanigan Fun Run @ Vallejo Marina	\$5

Week 2

April 8	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
April 9	Power & Strength with weights & cords 30 min Med-high intensity full body strength class	\$10/class
April 10	Punches-n-Bunches Boxing	\$12/class
April 11	ROM It Around (range of motion) 22min 22min stretch class using bands & poles	\$10/class
April 12	CLOSED	
April 13	Jump Rope/ Workout in the Park 10am Hanns Park 198 Skyline Drive	\$5

Week 3

April 15	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
April 16	Punches-n-Bunches Boxing	\$12/class
April 17	Punches-n-Bunches Boxing	\$12/class
April 18	Punches-n-Bunches Boxing	\$12/class
April 19	Punches-n-Bunches Boxing	\$12/class

Week 4

April 22	Punches-n-Bunches Boxing 30min Med-high intensity boxing fitness	\$12/class
April 23	Power & Strength with weights & cords 30 min Med-high intensity full body strength class	\$10/class
April 24	Punches-n-Bunches Boxing	\$12/class
April 25	ROM It Around (range of motion) 22min 22min stretch class using bands & poles	\$10/class
April 26	Punches-n-Bunches Boxing	\$12/class

Studio closed April 29th, 30th, May 1st, May 2nd, May 3rd, May 4th

Resume classes May 6th

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
April 13	Gymnanigan Park Jump Rope / Workout 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

Looking forward to working with you in April & Beyond

Current class time availability

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