

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 Gymnastics, Vallejo. I invite you to Gymnastics to chat with me about your fitness goals & how Gymnastics can help you on your fitness journey. If you're ready to work, your goals can be achieved. Are YOU Ready?

hello
AUGUST
be good to me ok?

www.angondakalmanesi.tumblr.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.

Gymnastics August B.A.B.E Workout plus Belly Fat Waist Loss Challenge Boxing – Abs – Butt – Energy

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

August is an awesome month to get fit ladies

Gymnastics Boxing Fitness & Strength Training for Women
1409 Georgia St., Vallejo 94591 | donna@gymnastics.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://gymnastics.ptminder.com>, then select the bundle or individual classes plus the group time. **\$150**

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

Thank you for considering Gymnastics

Week 1
Mon-Wed-Fri
August 5th, 7th, 9th

Week 2
Mon-Wed-Fri
August 12th, 14th, 16th

Week 3
Mon-Wed-Fri
August 19th, 21st, 23rd

Saturday, August 24th Park workout (location: TBD)

Week 4
Mon-Wed-Fri

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

Meal Prep 101 and a few things to consider before getting started:

- **Did you write Out Your Goals?**
 - Weight loss
 - Fat loss
 - Build muscle
 - Save money
 - Free up time during the week
- **Are these other things you need to achieve your goals?**
 - i.e. Workout plan, meal prep containers, fitbit, calendar reminder on your phone
- **Do you have a system?**
 - Meal prepping doesn't have to be done on Sunday night! Some people work night shifts, some people have weekends off... this needs to be a plan that fits your lifestyle. Sometimes, just simply having a few ready-to-go meals available but having the flexibility to nix what to eat on the fly is the best strategy