



**Sign up for a free fitness assessment:  
Email [fitness@giammalva.com](mailto:fitness@giammalva.com) for details**

Effective Date: 11/4/2018

## CLASSES

### **YOGA**

Transform body, mind and spirit through a flowing series of postures and breathing skills. Yoga is more than just stretching though, it is also a full body strength workout that increases body awareness and coordination.

Monday classes are slower paced and more stretching. Wednesday classes are slightly faster paced with more strength poses involved. Try it and see for yourself!

**Days and Times:**

- Mondays at 11:00am – noon
- Wednesdays at 6:00 – 7:00pm

**Cost: Free with personal/small group training to guests**

- Members: Free
- Guests: \$15 per session

### **STRENGTH AND CORE TRAINING**

This class is designed for those wanting a supplemental workout or starting a fitness program or, have reached the age where you would like to get a great workout with less stress on the body. Classes will be FREE to members during the summer. Workouts will involve light weights and core strengthening.

**Days and Times:**

- Tuesdays at 6:00 – 7:00pm
- Wednesdays at 11:00am - noon

**Cost:**

- Members: Free
- Guests: \$15 per session

### **CORE TRAINING AND FALL PREVENTION**

This workout prepares you to move better on the court by strengthening core muscles and balance. It is also aimed at preventing falls in daily life and maintaining independence.

**Days and Times:**

- Tuesdays and Thursdays at 11:00am – 11:30am

**Cost:**

- Members: \$60 per month
- Guests: \$75 per month

### **WATER AEROBICS**

This program is for anyone who wants a low impact workout that gets the body moving and heart pumping. If you have bad joints but are looking for a way to get in shape, this class is for you!

**Days and Times:**

- **THIS CLASS WILL RETURN IN WARMER WEATHER**

**Cost:**

- Members: Free
- Guests: \$15 per session

### **PERSONAL TRAINING**

- One-to-one personal training session for 30 minutes.
  - Members: \$40 per session
  - Guests: \$65 per session
- One-to-one personal training session for 60 minutes.
  - Members: \$75 per session
  - Guests: \$85 per session
- **Package discounts available for members and guests!**

### **SMALL GROUP TRAINING/TOTAL TRAINING**

Small group training with a maximum of 5 participants to 1 trainer. Get a personalized workout and exercise instruction for a fraction of the price of 1 on 1 training

- Members: \$100 for 4 sessions
- Guests: \$125 for 4 sessions

\*Minimum of 4 sessions required

Try any of our fitness classes one time each for FREE!