



Sign up for a free fitness assessment:
Email fitness@giammalva.com for details
Try any of our fitness classes one time each for FREE!

Effective Date: 9/14/2020

<p>H.I.I.T. High Intensity Interval Training is designed to use compound weighted moves and cardio to burn more calories and develop muscle in a short amount of time. The class size is 6:1.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Thursdays at 8:30 – 9:00am <p>Cost: Members: \$10 per session Guests: \$15 per session</p>	<p>W.O.W. Women on Weights is <i>small</i> group training specifically designed for women to learn how to safely incorporate free weights into their fitness regime to build sexy lean muscle without the bulk. The class size is 3:1.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Flexible contact fene@giammalva.com to schedule! <p>Cost: Members: \$10 per session Guests: \$15 per session</p>
<p>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!</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Mondays at 11:45am – 12:45pm • Wednesdays at 6:00– 7:00pm <p>Cost: Free with personal/small group training to guests Members: Free Guests: \$15 per session</p>	<p>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. Workouts will involve light weights and core strengthening.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Tuesdays at 6:00 – 7:00pm • Wednesdays at 11:15am – 12:15pm (Beginner) • Fridays at 11:15am – 12:15pm (ROM/Flexibility/Balance) <p>Cost: Members: Free Guests: \$15 per session</p> <ul style="list-style-type: none"> • Mondays at 11:00 – 11:30am (Stretch & Recover) <p>Cost: Members: \$10 per session Guests: \$15 per session</p>
<p>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.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Mondays at 11:45am – 12:15pm • Thursdays at 11:00 – 11:30am <p>Cost: Members: \$60 for 4 sessions Guests: \$75 for 4 sessions</p>	<p>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!</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Mondays at 6:00 – 7:00pm <p>Cost: Members: Free Guests: \$15 per session</p>
<p>PERSONAL TRAINING</p> <ul style="list-style-type: none"> • One-to-one personal training session for <u>30 minutes</u>. <ul style="list-style-type: none"> ○ Members: \$40 per session ○ Guests: \$65 per session • One-to-one personal training session for <u>60 minutes</u>. <ul style="list-style-type: none"> ○ Members: \$75 per session ○ Guests: \$85 per session • Package discounts available for members and guests! 	<p>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</p> <ul style="list-style-type: none"> • Members: \$100 for 4 sessions • Guests: \$125 for 4 sessions <p>*Minimum of 4 sessions required</p>