



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: 1/4/2021

NOTE: There will be a \$15 NO SHOW charge for all Waitlisted classes. Please notify the Welcome Desk (281-370-5801) in advance if you cannot attend your class so that the next person waitlisted may do so.

<p>PILATES</p> <p>Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. The class size is 4:1.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Mondays at 6:00pm – 7:00pm • Tuesdays at 9:45am – 10:45am • Thursdays at 6:15pm – 7:15pm <p>Cost: Members: \$45/4 sessions Guests: \$50/4 sessions</p>	<p>W.O.W.</p> <p>Women on Weights is small 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</p> <p>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</p> <p>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.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Tuesdays at 6:00 – 6:45pm (Intermediate/Advanced TABATA style work out) • 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</p> <p>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. Class sizes are minimum of 2 & maximum of 3 participants.</p> <p>Days and Times:</p> <ul style="list-style-type: none"> • Tuesdays at 11:00 – 11:30am • Thursdays at 11:00 – 11:30am <p>Cost: Members: \$100 for 8 (30 min) sessions Guests: \$125 for 8 (30 min) sessions</p>	<p>WATER AEROBICS – Returns after Memorial Day 2021!</p> <p>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"> • Returns after Memorial Day 2021 <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</p> <p>Small group training with a maximum of 4 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>