

GIAMMALVA

RACQUET CLUB

16400 Sir William Dr. Spring, TX 77379 281-370-5801

Go to your member portal, email activities@giammalva.com, or contact the Welcome Desk to enroll in a class and to reserve your spot to lift weights or use the cardio equipment.

Except where noted* - All **Fitness Classes** are Members: \$10/Session & Guests: \$15/Session.

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.

Fitness			
YOGA	Monday	11:45 – 12:45 PM	
*Members Free	Wednesday	6:00 – 7:00 PM	
STRENGTH & CORE STRETCH	Monday	11:00 – 11:30 AM	Stretch and Recover
	Thursday	10:30 – 11:00 AM	Stretch and Recover
BODY WEIGHT, DUMB BELLS, & CORE	Tuesday	6:00 – 6:45 PM	Intermediate/Advanced
*Members Free			
STRENGTH & CORE	Wednesday	11:15 AM – 12:15 PM	Beginner
	Friday	11:15 AM – 12:15 PM	Flexibility and Balance
PILATES (4:1 small group training)	Monday	6:00 – 7:00 PM	
	*Members: \$60/4 sessions &	Tuesday	9:45 – 10:45 AM
	Guests: \$75/4 sessions	Thursday	6:15 – 7:15 PM
WATER AEROBICS	Monday	6:00 – 7:00 PM	
*Members Free			
Memorial Day thru Labor Day			
CORE TRAINING & FALL PREVENTION	Tuesday	11:00 – 11:30 AM	
	*Members: \$100/8 sessions &	Thursday	11:00 – 11:30 AM
Guests: \$125/8 sessions			

Contact fitness@giammalva.com for:
 Personal Training, Small Group Training, a free fitness assessment, or to try any of our fitness classes one time for FREE!

