

GIAMMALVA

FITNESS, HEALTH, & ATHLETIC DEVELOPMENT

Sign up for a FREE Fitness assessment:
Email fitness@giammalva.com for details.

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

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.

TABATA 20-10

This is an intermediate/advanced class taught in a TABATA style with timed sets using medium to heavy weights - 20 seconds of work & 10 seconds of rest.

Days and Times:

- Tuesdays at 6:00pm – 6:45pm

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. Class sizes are minimum of 2 & maximum of 3 participants.

Days and Times:

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

Cost: Members: \$100 for 8 (30 min) sessions

Guests: \$125 for 8 (30 min) sessions

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!

PILATES

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.

Days and Times:

- Tuesdays at 9:45am – 10:45am

Cost: Members: \$60/4 sessions Guests: \$75/4 sessions

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.

Days and Times:

- 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)

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

- Mondays at 11:00 – 11:30am (Stretch & Recover)
- Thursdays at 10:30 – 11:00am (Stretch & Recover)

Cost: Members: \$10 per session Guests: \$15 per session

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:

- Tuesdays at 6:00pm – 7:00pm

Cost:

Members: Free Guests: \$15 per session

SMALL GROUP TRAINING/TOTAL TRAINING

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

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

Minimum of 4 sessions required