



Avifa Bay

ATHLETIC CLUB & SPA

Group Training Fall 2017

Small Group Functional Training (Minimum of 2 participants, Max. of 8)

The name says it all....**FUNCTIONAL** Designed to keep you active and agile, healthy, vibrant and **STRONG!**
 Move rope, swing kettlebells, push, pull and propel your body using our TRX suspension systems. This is a **TOTAL BODY WORKOUT!**
 Each workout is unique. Designed and lead by a professional trainer. Multi-levels of fitness are welcome.

TRX TRAINING!

30 Minute TRAINING!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cardio Room 9:15am Jan			Group Fitness RM 7:15 AM Jan
		Senior 30 minute 11:30 AM Shannon			
* Reservations Required: Text Instructor 24 hours prior					

FT* and Pilates as low as \$22.50 per session!

Non-refundable. 6 months expiration after purchase

Functional Training **ONLY** unlimited \$240.00/month

FT/Pilates

30 Minute

1 session

10 session

\$25.00

\$225.00

\$12.00

\$95.00

Non-Member's Welcome. Add 20%

Pilates Reformer Training (Minimum of 2 participants, Max. of 4)

Our certified Pilates Instructors will teach clients specific exercises done on the reformer that focus on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. They will enhance breath and spinal alignment awareness and strengthen the deep torso muscles which are important to help alleviate and prevent back pain. ****New participants please schedule a time with Instructor****

Call for an orientation today! Dede Lockmiller: (916)337-6511 or Linda Sullivan 760-668-2128

MON	TUE	WED	THUR	FRI
10:45 AM Linda	10:30 AM Dede			9:15 AM Dede
	11:45 AM Dede	11:30AM Dede	10:30 AM Dede	10:30 AM Dede
	1:00pm Dede		11:30 AM Dede	11:30 AM Dede