

GROUP TRAINING SCHEDULE

DAYS/TIMES

GPT CLASSES

CONTACT INFO

Mondays

4:30PM-5:30PM

TOTAL STRENGTH

TRISTA: 707.291.9287

Tuesdays

10:00AM- 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM- 12:00PM

WOMEN OVER 40

SARAH: 916.770.7939

2:00PM-3:00PM

LIFT HEAVIER

PAULA: 707.521.2448

Thursdays

10:30AM- 11:00AM

PRIVATE GROUP

CATHERINE: 707.291.5148

11:00AM- 12:00PM

WOMEN OVER 40

SARAH: 916.770.7939

2:00PM-3:00PM

LIFT HEAVIER

PAULA: 707.521.2448

Fridays

10:00AM- 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

GROUP PERSONAL TRAINING RATES APPLY