

# GROUP TRAINING SCHEDULE

## DAYS/TIMES

## GPT CLASSES

## CONTACT INFO

### **Mondays**

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

### **Tuesdays**

6:00AM-6:45AM

COMPOUND ATHLETE

JO: 916.770.7138

10:00AM-10:45AM

STRENGTH BLEND

LISA: 707.521.2443

11:00AM-12:00PM

WOMEN OVER 40

SARAH: 916.770.7939

4:30PM-5:30PM

FIT 3D

PAUL: 707.696.0508

### **Wednesdays**

10:00 - 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM-11:30AM

BUTTS & GUTS

TRISTA: 707.291.9287

### **Thursdays**

6:00AM-6:45AM

COMPOUND ATHLETE

JO: 916.770.7138

10:30AM-11:00AM

PRIVATE GROUP

CATHERINE: 707.291.5148

11:00AM-12:00PM

WOMEN OVER 40

SARAH: 916.770.7939

### **Fridays**

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

### **Saturdays**

8:45AM-9:45AM

NEW YEAR BOOTCAMP

TRISTA: 707.291.9287

11:00AM-12:00PM

SATURDAY STRENGTH

SARAH: 916.770.7939

GROUP PERSONAL TRAINING RATES APPLY