

GROUP TRAINING SCHEDULE

DAYS/TIMES

GPT CLASSES

CONTACT INFO

Mondays

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

Tuesdays

10:00AM-10:45AM

STRENGTH BLEND

LISA: 707.521.2443

11:00AM-12:00PM

LIFT HEAVY + HIIT

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

10:30AM-11:00AM

PRIVATE GROUP

CATHERINE: 707.291.5148

11:00AM-12:00PM

LIFT HEAVY + HIIT

SARAH: 916.770.7939

Fridays

10:00AM-10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

Saturdays

8:45AM-9:45AM

SPRING FIT BOOTCAMP

TRISTA: 707.291.9287

11:00AM-12:00PM

SATURDAY STRENGTH

SARAH: 916.770.7939

GROUP PERSONAL TRAINING RATES APPLY