

NEW YEAR PROMOS!



NEW YEAR,
NEW MEMBER!

ON FIRST MONTH PURCHASE
FOR NEW MEMBERS!
FREE INTRO TO FITNESS PT
SESSION INCLUDED!



LOCK IN & SAVE!

RECEIVE AN ADDITIONAL 5%
OFF ON A QUARTERLY OR
ANNUAL MEMBERSHIP
PURCHASE

1.6-1.17.2025

NEW MEMBER PROMOTION APPLICABLE TO THOSE WHO HAVE NOT
PURCHASED A MEMBERSHIP WITHIN THE LAST YEAR (SINCE 1/1/2024)
LIMITED TO ONE (1) PER ACCOUNT.



FITNESS

CHALLENGE

WEST SACRAMENTO RECREATION CENTER

ARE YOU UP FOR THE CHALLENGE?



- **EXCLUSIVE GROUP WORKOUTS.**
- **COACHED IN:**
 - **EXERCISE**
 - **NUTRITION**
 - **WELLNESS**
- **FRIENDLY COMPETITION AND PRIZES!**

DATES: 1.29.24 - 3.24.24

PRICE: \$245

NOT SURE MEETING: 1.25.24 AT 5:30PM

SEE THE FRONT DESK TO GET STARTED

BASKETBALL COACHING

WEST SACRAMENTO RECREATION CENTER

SKILLS & STRENGTH FOR BASKETBALL

Establish basketball
fundamentals &
sport specific
strength training

AGES: 10-17

**\$150 FOR 5
SESSIONS**



**WITH
COACH PRYOR**
SKILLS & STRENGTH
COACH

Group Exercise Room

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am					Cardio Lift Briana 7am	
9am-10am	Tone It Up! Satu	Yoga Elise	Total Strength Briana	Barre Elise	Core & Cardio Briana	Yoga 8:45am
10am-11am		Fit & Flow Marcella 10:15am	Stretch Deatra 10:15am	Gentle Yoga & Meditation Elise	Low Impact Mix Satu 10:15am	Zumba
Lunch Hours 11am -1pm	Stretch Deatra 11am				Stretch & Flex Satu 11:00am	
4pm - 5pm		Cardio Lift Nyssa 4:15pm		Cardio Lift Nyssa 4:15pm		
5pm - 6pm	Cardio Lift Steve 5:15pm	Yoga Anna 5:30pm	Cardio Lift Briana 5:15pm	Yoga Renee 5:30pm	Cardio Lift Steve 5:15pm	
6pm-7pm	Zumba		Zumba		Keep an eye out for our Specialty Friday Classes	

Kinesis / Spin Room / Aquatics

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-9am		Kinesis & More Marcella 8am	Spin Kristy 6am		Kinesis & More Briana 8am	Rockwall Conditioning Deatra 8:30am
9am-10am	Kinesis Briana 9am & 9:30am		Kinesis Marcella 9am & 9:30am			Aqua Fit  Steve 9am
Lunch Hours 10am-1pm	Kinesis & More Nyssa 12pm		Aqua Fit  Briana 11:30am	Kinesis & More Marcella 12pm	Aqua Fit  Briana 11:30am	Kinesis & More Steve 10:30- 11:15am
Evening Hours 5pm-6:30pm	Kinesis Briana 6pm	Kinesis & More Nyssa 5:15-6pm	Kinesis & More Steve 5:30-6:15pm	Kinesis & More Nyssa 5:15-6pm		
			Aqua Fit  Steve 6:30pm			
	Spin Briana 6:30pm		Spin Kelly 6:30pm	Spin Marie 6:30pm		

Small Group Training (Additional Fee)

Time	Tuesday	Thursday
9am-10am	Athletic Conditioning: Coach Deatra	Strength & Conditioning: Coach Marcella
10am-11am		Strength & Conditionig Low Impact: Coach Marcella 10:15am
5:30-6:30pm	Strength & Conditioning: Coach Steve	TRX & Kettle Bells: Coach Briana

VISIT WESTSACFUN.ORG TO REGISTER!



LITTLE KICKERS

TINY TOTS SOCCER

**FOR
AGES 2 - 4**

**FREE TRY IT
OUT DAY**



**WEDNESDAY
JANUARY 29
10:30 - 11:30AM**

- ✓ Teamwork strategy
- ✓ Ball technique
- ✓ Fun games

REGISTER AT WESTSACFUN.ORG

*This is a parent participation class.



HAPKIDO

**TUESDAYS
3 - 4PM**

- ✓ Self Defense
- ✓ Discipline
- ✓ Respect
- ✓ Coordination
- ✓ Confidence

AGES: 9 - 13

**\$45/
month***

*Months with 5 weeks will be \$60.



REGISTER
HERE!

