



GROUP FITNESS CLASSES TO STRENGTHEN YOUR **MIND / BODY / SOUL**

EVOLVE FITNESS STUDIO of Cloverdale
offers a wide variety of fun and exciting fitness classes!
NO contracts, NO sign up fees, Just PAY AS YOU GO.
Located at 124 S Cloverdale Blvd., Suite 134
(above Uniques & Antiques)
and on the internet at: www.evolvecloverdale.com

MAR.-JUN. 2018 SCHEDULE -LIKE us on Facebook to receive reminders and updates of schedule changes

MON	MORNINGS: 6:00AM: MONDAY MUSCLE WITH MARIA (focused strength training) 9:00AM YAMUNA BODY ROLLING WITH NANCY
	EVENINGS: 7:30PM: FIT BOOT CAMP WITH GRISMEL
TUES	MORNINGS: 6:00AM: INDOOR CYCLING/SPIN - High Intensity Intervals & mood lifting music mix
	EVENINGS: 6:00PM: YOGA WITH MARIE
WED	MORNINGS: 6:00AM: ZUMBA WITH GRISMEL
	EVENINGS: 7:30PM: ZUMBA WITH GRISMEL
THUR	MORNINGS: 6:00AM: INDOOR CYCLING/SPIN: Climb, Race on the bike & mood lifting music mix
	EVENINGS: 7:30PM: FIT BOOT CAMP WITH GRISMEL
FRI	MORNINGS: 5:30AM: SUNRISE BOOT CAMP WITH GRISMEL
	EVENINGS: 6:30PM: ZUMBA WITH GRISMEL
SAT	MORNINGS: 7:00AM: INDOOR CYCLING - High Intensity Intervals on the bike & mood lifting music mix 8:30AM: YOGA WITH MARIE

MONDAY MUSCLE WITH MARIA

Instructor: Dr. Maria J. Alvarez & frequent guest instructor Dr. Valerie Marder. \$20 for the month (4 classes) or \$10 per drop in class. Info: drmaria707@gmail.com

INDOOR CYCLING (aka "spinning")

Instructor: Dr. Maria J. Alvarez & frequent guest instructor Dr. Valerie Marder. \$70 for the month (12 classes) or \$10 per drop in class. Info: drmaria707@gmail.com

FIT BOOT CAMP WITH GRISMEL / FRIDAY MUSCLE WITH GRISMEL

Instructor: Grismel. \$6 per class or \$20 punch card for 4 classes. Info: grissotomaciel@gmail.com or 707-490-9054

SUNRISE BOOT CAMP WITH GRISMEL

Instructor: Grismel. \$10 per class by arrangement (must contact instructor first). Info: grissotomaciel@gmail.com or 707-490-9054

YAMUNA BODY ROLLING WITH NANCY

Instructor: Nancy Freitas. \$10 per class. Info: 707-894-3707 or nfreitas59@hotmail.com

ZUMBA WITH GRISMEL

Instructor: Grismel. \$6 per class or \$20 punch card for 4 classes. Info: grissotomaciel@gmail.com or 707-490-9054

YOGA WITH MARIE

Instructor: Marie Gronewald. \$10 per drop-in class plus monthly discount available. Info: 707-894-2104