



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 the former Antiques & Uniques)
and on the internet at: www.evolvecloverdale.com

JUN.-AUG 2016 SCHEDULE -LIKE us on Facebook to receive reminders and updates of schedule changes

MON	MORNINGS: 6:00AM: MONDAYMUSCLE WITH GRISMEL 9:00AM BASIC YOGA WITH TERI MATLOCK* EVENINGS: 6:30PM: FIT BOOT CAMP WITH GRISMEL 7:45PM: AGILITY & ENDURANCE WITH COACH FRANCISCO (NEW CLASS!!)
TUES	MORNINGS: 6:00AM: INDOOR CYCLING – High Intensity Intervals on the bike & power music mix 8:30AM: GET FIT WITH SARA G** EVENINGS: 6:00PM: YOGA WITH MARIE 7:00PM: SPIN WITH BRIANNE
WED	MORNINGS: 6:00AM: ZUMBA WITH GRISMEL EVENINGS: 7:45PM: AGILITY & ENDURANCE WITH COACH FRANCISCO (NEW CLASS!!)
THUR	MORNINGS: 6:00AM: INDOOR CYCLING – Spin, Climb, Race on the bike & power music mix 7:30AM: VINYASA YOGA WITH MARY PAFFARD or CYD* 9:00AM: BASIC YOGA WITH MARY PAFFARD or CYD* EVENINGS: 7:30PM: FIT BOOT CAMP WITH GRISMEL
FRI	MORNINGS: 6:00AM: FRIDAYMUSCLE WITH GRISMEL 8:30AM: GET FIT WITH SARA G** EVENINGS: 6:30PM: ZUMBA WITH GRISMEL—RESERVE your SPOT or come back at 7:45 ☺ 7:45PM: ZUMBA WITH GRISMEL—in case you were late to 6:30 or YOU WANT MORE
SAT	MORNINGS: 7:00AM: INDOOR CYCLING - High Intensity Intervals on the bike & power music mix 8:30AM: YOGA WITH MARIE

INDOOR CYCLING (aka “spinning”)

Instructor: Dr. Maria J. Alvarez. \$ 60 for the month (12 classes) or \$10 per drop in class. Info: drmaria707@gmail.com

FIT BOOT CAMP WITH GRISMEL (PM) / MONDAY & FRIDAY MUSCLE WITH GRISMEL (AM)

Instructor: Grismel. \$5 per class. Info: grissotomaciel@gmail.com or 707-490-9054

YOGA with MARIE

Instructor: Marie Gronewald. \$5 per class (1st class FREE!). Info: 707-894-2104

\$5 ZUMBA

Instructor: Grismel. \$5 per class. Info: grissotomaciel@gmail.com or 707-490-9054

VINYASA & BASIC YOGA WITH MARY PAFFARD or CYD / * Monday BASIC YOGA WITH TERI MATLOCK

Instructor: Mary Paffard / Cyd or Teri Matlock. \$13 per class. Info: 707-468-4842 or www.maryyoga.com

SPIN WITH BRIANNE

Instructor: Brianne Barsi. \$5 per class. Certified personal trainer. Contact Brianne for more info.

GET FIT WITH SARA G**

Location varies: at EVOLVE, or outdoors. Instructor: Sara Grell. \$15 per class or \$40 for 4 IN A ROW. Info: 707-799-7642

AGILITY & ENDURANCE WITH COACH FRANCISCO (NEW CLASS!!)

Instructor: Coach Francisco. \$5 per class.