

 CLUBSPORT SAN RAMON  
PRESENTS

# CTGF 2023

JUNE 1ST-30TH

"COMMIT TO GET FIT"

CHALLENGE YOURSELF WITH NEW CLASSES,  
ACTIVITIES, AND LECTURES TO WIN PRIZES

**PLEASE DROP OFF  
YOUR CARD WITH THE  
FRONT DESK STAFF  
AFTER EACH  
WORKOUT**

CLUBSPORT IS NOT RESPONSIBLE FOR LOST OR DAMAGED CARDS

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MEMBER #: \_\_\_\_\_

# INTRO CLASSES

LINE DANCE DATE: 6/1 TIME: @11:30AM	2
ZUMBA DATE: 6/7 TIME: @11:30AM	2
BODYCOMBAT DATE: 6/8 TIME: @1PM	2
TRX DATE: 6/12 TIME: @9:30AM	2
BODYPUMP DATE: 6/15 TIME: @1PM	2
RPM DATE: 6/22 TIME: @12PM	2
PILATES DATE: 6/25 TIME: @3PM	2

# TRIATHLON TRAINING



CYCLE		
DATES: 6/14, 6/21, 6/28 TIME: @5:30PM		
3	3	3

SWIM		
DATES: 6/1, 6/19, 6/26 TIME: @5:30PM		
3	3	3

ONLY 1 BOX/DAY MAY BE EARNED IN EACH CATEGORY. BOXES MUST BE INITIALED & DATED AFTER WORKOUTS BY THE INSTRUCTOR/TRAINER.

# CLASS POINTS



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CARDIO EQUIPMENT (30 MIN.)					
1	1	1	1	1	1

AQUATICS (I.E LAP SWIM, AQUA)					
2	2	2	2	2	2

WEIGHT ROOM (30 MIN.)					
1	1	1	1	1	1

DANCE CLASSES (I.E ZUMBA)					
2	2	2	2	2	2

STRENGTH & STRETCH CLASSES (I.E BARRE, CX WORX, BODYPUMP)					
2	2	2	2	2	2

MIND/BODY CLASSES (I.E YOGA, PILATES, STRETCH)					
2	2	2	2	2	2

CYCLE CLASSES (I.E SPRINT, RPM)					
2	2	2	2	2	2

PICKLEBALL DROP IN CLINIC (TUESDAYS)					
2	2	2	2	2	2

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# BONUS POINTS

# LECTURES



FAMILY ACTIVITY BONUS POINTS:	
MOMMY & ME YOGA 6/27 @2PM-3PM	3
A FUN WORKOUT CLASS FOR MOMS AND KIDS!	
DONUTS WITH DAD EVENT 6/16 @4-7	3
FAMILY EVENT WITH FOOD AND MUSIC	

HEALTH & FITNESS LECTURES BONUS POINTS:	
PLANT BASED NUTRITION & FITNESS 6/2 @5PM- GARY WHITAKER	4
PSYCHOLOGY 6/9 @4PM- MELANIE PICKER	4
BALANCED PLATE 6/15 @5PM -PLANTED TABLE	4
STRENGTH & LIFESTYLE 6/22 @11AM-JAIME O'SHEA	4

ACTIVITIES BONUS POINTS:	
PICKLEBALL PARTY EVENT 6/21 @5:30-7PM	3
PICKLEBALL GAMES, PIZZA AND DRINKS-BEGINNERS WELCOME	
MINI-TRIATHLON: 7/1 @8:30AM	5
500 YARDS SWIM (LAP POOL) +11-MILE BIKE RIDE (SPIN BIKE) +3 MILE RUN (OUTSIDE)	

PLEASE SIGN UP FOR LECTURES  
AT THE FRONT DESK

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CATEGORY. BOXES MUST BE INITIALED & DATED  
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