



HAPPY 4TH OF JULY

On Thursday July 4th, Active at NorthBay Health will be open from 7am-1pm, in observance of Independence Day.

Group Fitness Schedule 7/4:

9am Strengthen and Lengthen

11am Chair Yoga

12pm Aqua Arthritis



FREE GUEST WORKOUTS | 7/8-7/14

Gather your friends and head to the club for summer guest workouts on us all next week. Inspire a healthy season with 7 days on us to mark the 7th month of the year. Click the link below to create your custom invite link and share with friends.

**Valid for first-time, local adult guests. Must present ID and complete guest registration form at check-in.*

[INVITE FRIENDS](#)



SUMMER STRENGTH & CONDITIONING

PROGRAM FOR HIGH SCHOOL ATHLETES

Summer is the perfect time to further develop the four pillars of athleticism; Speed, Strength, Coordination and Agility. With the guidance of Certified Personal Trainer and Powerlifter, Noah, young athletes will be challenged weekly to learn, adapt and grow their athletic skills. Click below and scroll down to learn more and get signed up. For more assistance, email our Programs Manager jacki.rooney@activewellnesscenter.com.

#SUMMERSTRONG



ACTIVE KIDS CLUB

Summer is here for the kiddos at Active at NorthBay Health! With your Active Kids membership, you have access to the Kids Club 6 days a week, with morning and evening hours as well as 7 days a week of Family Swim ☐ Click the link below to check out the Kids Event Calendar, learn more, and get started today.

WELCOME TO THE KIDS CLUB



JULY SWIM LESSONS

Don't miss the July swim lesson sessions at Active at NorthBay Health. From parent/toddler, preschool, youth and adult swim lessons to Swim Club; we offer classes for all skill levels all ages.

Click the link below to book your group lessons for the new sessions beginning:

July 8th | Morning classes

July 9th | Evening classes

July 22nd | Morning classes

Email Lisa at lisa.garnier@activewellnesscenter.com to book semi and private lessons.

[BOOK LESSONS](#)



MASSAGE THERAPY

Come to Active at NorthBay not just to work out, but also to recharge. Our professional Massage Therapists will work with you to create a session suited to your body and needs.

Come in, message us, or call the service desk to learn more and book your appointment today.



SPECIAL MEMBERSHIPS

Military, Veterans, Firefighters & Police Officers

Active firefighters, police officers, veterans, and members of the Armed Forces receive discounted membership dues year-round at Active Wellness Center. We are proud to support those who keep our communities safe. Thank you for your service.

Contact us at northbay@activewellnesscenter.com or call 707-624-8080 to get started.

GET STARTED

**Hero discounts available in-club only. Must be 18 or older. Valid for licensed and active firefighters and police officers, active members of the armed forces, and veterans. Present valid ID and proof of service to redeem. Non-transferable; cannot be combined with other offers.*



PARKING LOT ANNOUNCEMENT

The VacaValley Health Plaza parking lot asphalt repair/seal and stripe project will begin **Monday July 1st - Sunday July 28th**. The work will be focused around 1010 Nut Tree Rd., the building neighboring Active at NorthBay Health. **We recommend our members use the main entrance at the stoplight on Nut Tree Road and Summerfield Drive.** Should you be interested in more details about the project, click the button below.

[PAVEMENT PROJECT INFO](#)



INSTRUCTOR HIGHLIGHT

Meet Daisy Song | Yoga Instructor

Daisy is an experienced and passionate yoga instructor with over ten years of teaching experience and advanced training in Ashtanga, Hatha, Vinyasa, and Yin yoga approaches. She's thrilled to share her expertise and contribute to the growth and well-being of students, motivating them to find inner peace and #liveactively to achieve their healthiest selves. Check out the Group Fitness schedule [HERE](#) and join Daisy for a class!

TEAM MEMBER OF THE MONTH

Meet Justin | Housekeeper

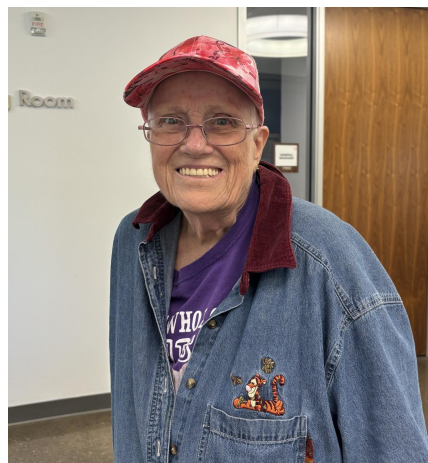
Justin has been a team member at Active since Feb 2024. His favorite way to #liveactively is doing pull-ups and running on the indoor track at the club.

Working out helps with his insomnia, helping him to relax. He enjoys working here because the members are so friendly! He also appreciates working with a professional team. Knowing his teammates work hard, helps to keep him motivated. Justin enjoys reading and has a dog that he loves, named Hope.

If you see Justin around the club, give him a smile and hello. We appreciate all of his hard work, helping the team keep the club clean and safe for all of our members.



MEMBER FEATURE



MEMBER OF THE MONTH

Meet Shirley Gunn

Shirley has been a member here at Active at NorthBay Health for about 9 months. Her favorite things to do at the club are the Aqua Fit and Aqua Arthritis classes.

"Seeing all the happy people as I walk in the door and the work outs and new friends I have made, help motive me to #liveactively. Being a member here has helped me want to do things again. I have more energy, plus I feel better about myself just getting out of the house."

Shirley's hobbies include gardening and camping in the mountains. She'd love to travel more, to locations like Scotland, Ireland, Holland, Hawaii, and Alaska. Thank you, Shirley, for your dedication! We're so happy to be a part of your health and wellness journey.

Active Wellness Center at NorthBay Health

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