



## GET READY FOR THE ZONE CHALLENGE: COLOR WARS

**STARTS 9/6- UPGRADE TO THE ZONE TO PARTICIPATE**

Unleash your competitive spirit in the ZONE Challenge: Color Wars! This exciting 4-week event starts September 9th, with ZONE teams competing for points and ultimate victory. Weekly challenges and bonus points will keep you motivated, while team camaraderie and new workouts

will boost your results heading into fall. This challenge is free for ZONE members, who are automatically enrolled.

**Non-ZONE members: Upgrade to The ZONE by 8/31 to join the fun and be automatically added to the Color Wars Challenge.**

Come on in, call us at 707.624.8080 or email [northbay@activewellnesscenter.com](mailto:northbay@activewellnesscenter.com) to upgrade to The ZONE by 8/31 and be automatically enrolled in Color Wars.

**CHECK OUT THE ZONE**



## **RELAX AND RECHARGE**

### **ENJOY IN-HOUSE MASSAGE AT ACTIVE**

You've done the work, and now it's important to allow your body to recover. Let your muscles recharge and your stress melt away with body work, stretching and accessory treatments including hot stone therapy. Our therapists work to release tension, improve circulation and immune system function.

Purchase and book conveniently by logging into your Active App or MindBody account. For questions or help booking, email us at [northbay@activewellnesscenter.com](mailto:northbay@activewellnesscenter.com) or call 707.624.8080.



## VIP GUEST PASSES

### SHARE THE ACTIVE EXPERIENCE

Did you know you can gift a free 5 Day VIP Guest Pass to your friends? Click the button below to connect with our Membership Representative, Jacob. Let him know who you are and who you'd like to invite as a guest, including your guest's contact information. Jacob will reach out and extend an invitation to your guest.

*Valid for up to 5 consecutive days. One pass per person. Must be 18 years or older. Local guests only. Photo ID required. Certain conditions and restrictions apply. See club for further details.*

INVITE GUESTS

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## **ACTIVE KIDS CLUB**

### **SUMMER FUN FOR THE KIDDOS!**

Have you checked out our kids programming at Active at NorthBay Health yet? 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**

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# SWIMMING SKILLS FOR LIFE

## SWIM LESSONS FOR ALL AGES

We're open to the community with private and group swim lessons for all ages. Our swim instructors are passionate about teaching students of all ages how to swim safely and improve their skills while inspiring a life-long love of the water. Lessons are open to the community, with preferred pricing for members. All classes are indoors in temperature controlled pools. Click below to learn more and get started.

[DIVE INTO SWIM LESSONS](#)

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## SAVE THE DATE! ACTIVE'S OPEN HOUSE

### Active at NorthBay Health Turns One

Join us for Active at NorthBay Health's 1st Birthday! Enjoy a special day of self-care at our Member Appreciation and Open House event on **Saturday, September 21st**. Bring a friend and enjoy our Guest Day with exclusive activities, games, raffles, and local vendors. Stay tuned for more exciting details.

UPCOMING EVENTS



# LABOR DAY CLUB HOURS

**MONDAY, 9/2, 7AM-1PM**

We will have modified hours of 7am-1pm in observance of Labor Day on Monday, September 2nd.

Active Kids Club will be closed.

Stay up to date on the modified Group Fitness Schedule [HERE](#).

We hope you have a wonderful holiday weekend!

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## INSTRUCTOR HIGHLIGHT

**Meet Lisa MacAllister | Group Fitness Instructor**

Don't miss Dance Beatz with Lisa! With a passion for all things dance, pink, and glittery, Lisa has been building roots in

the fitness world in Vacaville for 10 years. Get ready for a dance party in each of Lisa's packed classes, filled with fun, laughter and community.

"This is truly my happy place and I look forward to meeting all of our members and starting a new dance family at Active with my new students!" she says.

Join Lisa for an unforgettable experience that will leave you feeling energized and uplifted. Dance Beatz Tue/Thu 6pm. Check out the full Group Fitness schedule [HERE](#).

## TEAM MEMBER OF THE MONTH

### Meet Brooke Marshall | Service Team

Brooke has been a service desk representative from the very beginning, when we had our soft launch in August 2023. She enjoys taking our group classes and swimming in our lap pool. Stretch class, Martha's cycle, Haley's Pilates, and Barre are a few of her favorites...Learn more about Brooke [HERE](#).



**MEMBER FEATURE**





## MEMBER OF THE MONTH

### Meet Riley Tetzlaff

Riley is approaching his one year anniversary of being a member here at Active at NorthBay! His favorite thing to do at the club is work out in the pool. The people here help keep him motivated to #liveactively. "I feel better everyday, more than I have before!" says Riley.

Outside of the club, Riley's hobbies including camping and hiking and he is a huge animal lover! We are honored to be a part of Riley's health and fitness journey.

Active Wellness Center at NorthBay Health

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[www.ActiveWellnessCenter.com/NorthBay](http://www.ActiveWellnessCenter.com/NorthBay)

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