



THE ZONE CHALLENGE

STARTS 9/9- UPGRADE TO THE ZONE TO PARTICIPATE

Unleash your competitive spirit in the ZONE Team Challenge! 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 9/8 to join the fun and be automatically added to the ZONE Team Challenge.

UPGRADE TO THE ZONE

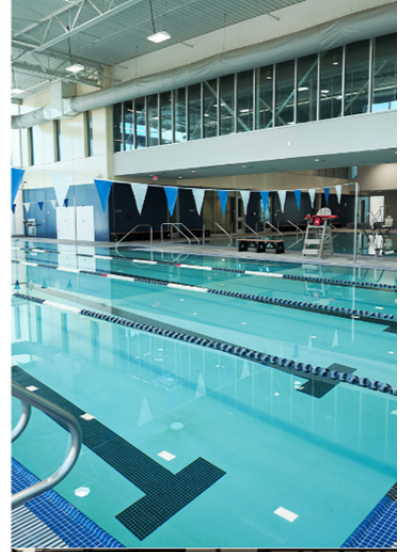


SAVE THE DATE! ACTIVE'S OPEN HOUSE
Free Guest Workouts All Day

YOU'RE INVITED!
1st Anniversary
Community Celebration!
Saturday, September 21
10am-2pm

for a day of indulgent self-care & community fun:

- > Themed Group Fitness Classes
- > The ZONE training class
- > Local Vendor Fair
- > Healthy Treats and Raffle Prizes
- > Bounce House, Family Swim
+ Kids' Activities
- > Chair Massages
+ Pilates Reformer Demos



RSVP TO THE PARTY



ACTIVE TRIATHLON

Training Triathlon | Saturday, September 21st

Looking for an opportunity to challenge your fitness this fall? Well we have two chances for you to *try* out some new things with two Triathlons coming up!

Training Triathlon

WHEN: Saturday, September 21st, 8:30am-10am

WHERE: 1020 Nut Tree Rd. Vacaville, Ca. 95687

COST: Free

WHO: Active at NorthBay Members

EVENTS: Swim, Bike, Run- in that order

OPTION: Dri Tri- Row, Bike, Run-in that order

CATEGORIES:

Sprint Race- 10 minutes of each, Swim-Bike-Run, for distance

Stamina Race- 20 minutes of each, Swim-Bike-Run, for distance

[TRAINING TRI REGISTRATION](#)

Save the Date and stay tuned for details for this fundraiser Triathlon, supporting Augie's Quest and a cure for ALS.

EVENTS AT ACTIVE

E-mail megan.morgan@activewellnesscenter.com with any questions about events.



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 or call 707.624.8080.

MASSAGE MENU



PILATES REFORMER

Small Group and Private Training

Pilates Reformer training involves low-impact body conditioning to build strength and flexibility, balance, coordination, and more. Each instructor-guided workout strengthens your body from the inside out. Care for your body and mind while strengthening your muscles and core.

We offer Group Classes, Buddy Training and One-on-One Private Training Sessions. Purchase your package below and schedule your sessions in the Active App.

PILATES REFORMER



SWIMMING SKILLS FOR LIFE

NEW CLASSES ADDED--FOR ADULTS AND KIDS

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**](#)

TEAM HIGHLIGHT



INSTRUCTOR HIGHLIGHT

Meet Iris Salita | Group Fitness Instructor

Iris is a yoga teacher, small business owner, spiritual life coach, and community events organizer. She graduated from the University of Maryland with a bachelor's degree in Sociology...

Click [HERE](#) to learn more about Iris. And don't forget to check out her brand new class, Stretch and Restore, on Tuesdays and Thursdays at 5pm!

See the full Group Fitness schedule [HERE](#).

TEAM MEMBER OF THE MONTH

Meet Jacklyn | Housekeeping Supervisor

Jacklyn Gruczelak is our Housekeeping Supervisor here at Active at NorthBay Health and has been in this line of work for over 11 years. Jacklyn truly loves what she does and loves Active. "I enjoy getting to meet new people everyday and seeing them work at their fitness goals," says Jacklyn...

Click [HERE](#) to learn more about Jacklyn. And make sure to say hello to Jacklyn when you see her around the club! Thank you, Jacklyn for your hard work and leadership here at the club.



MEMBER FEATURE



MEMBERS OF THE MONTH

Meet Al & Eileen Aguilar

Al and Eileen are Founding Members here at Active at NorthBay Health. They enjoy using the cardio and weight equipment for their workouts, and they are excited about their plans to try Pilates next. Al and Eileen are passionate about working out and staying active, because they know it's important to stay healthy, so they can enjoy the quality of life. When they're not in the gym, they enjoy hiking and taking vacations with their family of 19! We love seeing their dedication and commitment to their health and wellness, and we're happy to be a part of their journey and support them along the way.

MEMBER REMINDERS



ACTIVE ETIQUETTE REMINDERS

Here are a few friendly reminders to help keep our members healthy and safe.

GENERAL:

- > We encourage our members to stay home if you're sick.
- > Please wipe down all equipment before and after use.
- > Please be courteous to all members, share equipment, and clean up after yourself.
 - > No use of hair coloring in the locker rooms.
 - > Please book your classes and lap lanes.

POOL:

- > For Swim Lessons and Family Swim: all participants must *stop and check in* at the Service Desk.
 - > Please wear appropriate swim wear in the pools and spa.
- > No food or drinks are allowed in the pool area or in any pools or spa.
 - > Please be respectful and kind while sharing space in the pools.

-Thank you!



www.ActiveWellnessCenter.com/NorthBay

northbay@activewellnesscenter.com

707.624.8080

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