



FITLIST

FITNESS • INSPIRATION • TIPS



FRIENDS AND FAMILY WEEK

FREE GUEST WORKOUTS | NOV 11-17

Invite your friends and head to the club for pre-holiday guest workouts on us all week, November 11th-17th. Inspire a healthy season and get ready to finish 2024 at the top of your game!

GUEST WEEK ACTIVITIES:

Monday: ZONE Bootcamp + Swim Club Bring a Friend Day

Tuesday: NutriShop Sports Nutrition + Pilates Previews

Wednesday: Swim Club Bring a Friend Day

Thursday: ZONE Afterparty + Pilates Preview

Friday: Kids Glow in the Dark Dance Party + Special Gentle Yoga class

Saturday: ZUMBA Dance Party

Sunday: Sunday Social with light refreshments

Click below to learn more and RSVP.

[RSVP HERE](#)



ZONE HOLIDAYZ CHALLENGE

CHALLENGE STARTS SOON!

Dates: Nov 11 - Dec 20, 2024

Join by: Nov 8, 2024

Keep the holiday spirit alive and your fitness goals on track with our ZONE Holidayz Challenge! Join for 6 weeks of motivation, festive workouts, and support from our coaches to maintain your fitness and strength.

Challenge Perks:

- > Small group training in The ZONE
- > FREE MZ-Open app subscription
- > Inbody scans for progress tracking
- > Myzone Belt discount + Welcome Pack
- > Club service and product discounts

Complete the challenge for a raffle entry to win a free month of ZONE! This challenge is free to ZONE members, so enroll today to take advantage. Click below to upgrade or contact jacki.rooney@activewellnesscenter.com with any questions.

UPGRADE TO THE ZONE



ACTIVE KIDS FUN!

JOIN US FOR WINTER KIDS ACTIVITIES

We've got a calendar full of fun for the kids here at Active. Check out the events below and click the

button to learn more and RSVP.

Glow in the Dark Dance Party | 11/15 | 5pm-7pm

Parent's Night Out | 12/13 | 5pm-8:30pm

Spirit Week | 12/16- 12/20 | Themed days during Kids Club hours

Winter Camp | 12/30 + 12/31, 1/2 + 1/3 | 9am-1pm

Swim Club and Lessons | On-going year-round

ACTIVE KIDS CLUB



SOMETHING FOR EVERYONE

CREATE YOUR PERSONALIZED WORKOUT PLAN

Health and fitness isn't a one size fits all kind of thing. *Everybody* is different. With your Active membership, you not only get access to the facility and equipment, but you get access to all of our Group Fitness classes, 2 complimentary Welcome Workouts, a complimentary ZONE and Pilates training, and Member Preferred Pricing when booking any of our additional services/programs. Click on each service below to learn more about our offerings.

[Personal Training](#)

[Pilates Reformer](#)

[The ZONE](#)

[Massage](#)

[Group Fitness](#)

[Swim](#)

Our expert team is here to help you customize a workout that is just right for you. Call us at 707.624.8080 or email northbay@activewellnesscenter.com with any questions.



ROCK STEADY BOXING

FIGHTING BACK AGAINST PARKINSON'S

Rock Steady Boxing is a unique non-contact boxing program based on training used by boxing pros and adapted to people with Parkinson's disease to help improve symptoms and quality of life. Each small group session involves traditional boxing drills that are specific to the symptoms created by the disease, such as improving hand-eye coordination, speed of movement, flexibility, optimal balance, core strength, agility, and rapid muscle fire. All classes will be led by Rock Steady Boxing certified coaches. Each participant must fill out a form and schedule an assessment with our coaching team before registering for classes. Classes begin Tuesday, November 5th.

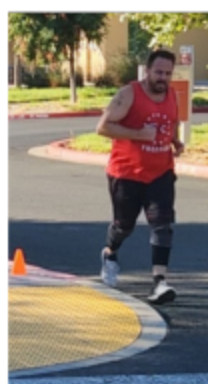
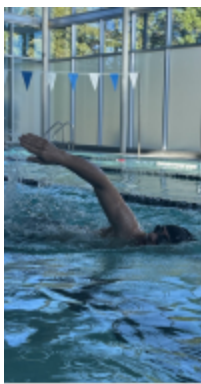
Interested in learning more and enrolling? Please click below to learn more and scroll to the bottom to get started by downloading and completing the Physician Medical Release/Referral Form. For more information or any questions, click below, email jacki.rooney@activewellnesscenter.com, come in, or call us at 707-624-8056.

ROCK STEADY BOXING



CONGRATS TRIATHLON RACERS!

Thank you to all who came out and raced for a cause. All of our athletes had an incredible race! Their support helps Augie's Quest continue to fight ALS. Congratulations to all of our participants!



TEAM HIGHLIGHT



INSTRUCTOR HIGHLIGHT

Meet Denzel | ZONE Coach

We're thrilled to announce our brand new ZONE Coach, Denzel. Denzel "The Terror" Johnson has dedicated 19 years to boxing, competing in over 90 amateur fights and one professional match. With more than 8 years of experience in personal training and coaching group fitness and boxing classes, Denzel has had the privilege of working with individuals across all ages and fitness levels. His goal as a coach is to take his clients to the next level. Denzel is passionate about challenging people to be their best, both physically and mentally. Whether someone is just starting their fitness journey or looking to refine their skills, Denzel is there to empower them to reach their full potential. Hard work and dedication is his mantra.

Check out [THE ZONE HERE](#) to learn more and book your first time demo class.

MEMBER FEATURE



MEMBER OF THE MONTH

Meet Milton Heath Solórzano

Milton has been a loyal member here at Active at NorthBay Health since January 2024 and you can usually catch him in the pool here at the club. So far he has lost 50lbs on his fitness journey and continues to work on his strength, mobility and functional athleticism...

[CLICK HERE](#) for a full Q&A with Milton!

We're honored to be a valuable part of your journey.



HOLIDAY HOURS

THANKSGIVING DAY, 11/28

In observance of the Thanksgiving holiday, we will be open Thursday, November 28th from 7am-1pm.

Active Wellness Center at NorthBay Health

1020 Nut Tree Rd, Vacaville, CA 95687



www.ActiveWellnessCenter.com/NorthBay

northbay@activewellnesscenter.com

707.624.8080

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