



THANK YOU & HAPPY 2026!

EXCLUSIVE MEMBER OFFERS

Enjoy your New Year's Member Certificates for exclusive savings and offers at the club, as a thank you for being a valued member.

Click below to download them online and redeem in the club by 2/28/26.

[NEW YEAR MEMBER CERTIFICATES](#)



»»» TRANSFORMATION ««« CHALLENGE

TRANSFORMATION TIME!

THE ZONE 6-WEEK CHALLENGE: STRONGER THIS YEAR!

Get ready to level up your fitness with **The ZONE 6-Week Challenge**: heart-rate powered, small group training experience designed to help you train smarter, boost results, and stay motivated alongside others in our supportive community. The challenge includes **an initial InBody scan, 6 weeks of unlimited ZONE classes, coach encouragement and follow-up, educational emails, and a final scan to track your progress** — with completion requiring at least 12 classes over 6 weeks. All finishers score **free ZONE swag**, and top performers will win **a free 2-month ZONE membership**.

>>> CHALLENGE STARTS JANUARY 26TH.

Click the button below or see the Service Desk to **learn more and sign up** — let's make this your strongest year yet!

CHALLENGE ACCEPTED



DOWNLOAD OUR MEMBER APPS

As an Active Wellness Center member, you have access to two powerful mobile apps ready to support your wellness journey. Our apps give you the power and flexibility to stay connected to your club, coaches and community anytime, anywhere.

MyActive App

- Track your workouts, goals and progress with built-in goal tracking.
- Sync directly with Myzone™ and other health platforms to stay in the loop.
- Access LES MILLS™ & Active GO virtual classes, take part in member challenges, and follow personal workout plans.
- Monitor your metrics and celebrate progress.

Active Wellness Center Booking & Schedules App

- View our club class schedule and reserve your spot with ease.
- Use your virtual membership card — no wallet required.
- Update your member profile, make club purchases, and stay connected.

Ignite new goals and get set up for success today by **downloading both apps**. New challenges and content are on their way!

[DOWNLOAD HERE](#)



RECHARGE, RESET, RECOVER

RECOVER SMARTER WITH NORMATEC COMPRESSION

Feel your best with **NormaTec Compression Therapy**, **COMING SOON** to Active at NorthBay Health. The NormaTec PULSE Recovery System uses dynamic, pulsing air compression around the legs or hips to help flush lymphatic fluids, *reduce soreness and inflammation, and speed up recovery after tough workouts or long days*. This cutting-edge recovery method supports *improved circulation, reduced muscle fatigue, and faster overall recuperation* so you can keep moving consistently. Pair NormaTec with other recovery options at Active like **Red Light Therapy**, **Massage Therapy**, and our **Hot Tub** for a well-rounded recovery routine. Stay tuned for our launch date to learn more and start prioritizing recovery as part of your fitness journey.



ADDITIONAL KIDS CLUB HOURS!

OPEN TUESDAY AND THURSDAY MORNINGS STARTING 1/13

Let your little ones **play, create, and socialize in a fun, supervised space** while you enjoy your workout or some well-deserved “me time” at the club! **Active Kids Club** offers indoor and outdoor play areas, crafts and games, in a safe, engaging environment— perfect for kids ages **2–12**.

Starting **January 13th**, we'll be rolling out **additional Kids Club hours** to better support your schedule and give your family even more flexibility!

☐ **Tuesday, Thursday and Saturday mornings, the Kids Club will be open from 8am-12pm, starting 1/13.**

Click the button below to **learn more about the program**, hours, and how to reserve your child's spot.

KIDS CLUB



SWIMMING FOR EVERYONE

LESSONS AND CLUBS FOR ALL AGES

Dive into fitness and fun with our **Aquatics Programs** — perfect for all ages and skill levels! From **learn-to-swim lessons** and aquatic fitness, to stroke refinement and water confidence building, our swim offerings blend **expert coaching with a supportive, family-friendly atmosphere**. Sessions are structured to help swimmers progress safely while having a great time in the water.

🗓️ **New swim sessions are ready to go for 2026**, so now's the time to secure your spot!

Click the button below to **learn more and register** for upcoming classes.

DIVE IN



NEW 2026 CLUB HOURS

You asked and we answered. Extended weekend hours are here!

2026 Club Hours--Starting January 2nd, 2026:

- > Monday-Friday 5am-9pm
- > Saturday-Sunday 7am-5pm



GROUP FITNESS AT ACTIVE

Don't forget to **book your classes** and see the **full Group Fitness Schedule** [HERE](#).

TEAM HIGHLIGHT



TEAM MEMBER OF THE MONTH

MEET DAWNITA PERRYMAN | GROUP FITNESS LEAD

Dawnita Perryman brings decades of passion, creativity, and leadership to her role as Group Fitness Lead.

A proud Vallejo resident of 40 years, Dawnita has been teaching and leading movement for most of her life—starting with young gymnasts and cheerleaders.

Eleven years ago, she found her rhythm in line dancing and never looked back. For the past decade, she's been training and developing dancers, and for eight years she's been the licensed owner and instructor of Break It Down Soul Line Dance—even creating her own original dances and earning multiple line dance award nominations in 2024 and 2025.

You'll rarely catch Dawnita in flats—dancing in heels is her superpower! She's also a soul line dancing DJ, and a proud grandma to one-and-a-half grandsons (one age 7, with another joining the dance floor in June 2026!). Another Fun Fact- She loves a good veggie burrito as one of her favorite foods.

Get ready—Dawnita brings the beat, the moves, and the magic. We're thrilled to have her as a part of #TeamActive as an instructor and leader.☺☺



BETTER HABITS, SAME YOU

STRONGER, CALMER, MORE ENERGIZED

You don't need to reinvent yourself this year — you just need to realign with what makes you feel good, grounded, and alive.

Start small and stay consistent: drink water before your morning coffee, move your body every day (even if it's just a walk or stretch with music or a podcast), and prioritize quality sleep over late-night scrolling.

Add more color to your plate, breathe deeply when stress builds, and carve out moments to connect — with yourself, loved ones, or nature.

These simple, science-backed habits strengthen your body, calm your mind, and recharge your energy without the pressure of perfection.

Progress happens quietly, through choices you repeat — not by becoming someone new, but by showing up for the best version of who you already are.



CLUB ETIQUETTE REMINDERS

To help keep our fitness spaces safe, welcoming, and enjoyable for everyone, please remember the following:

- > **Share the equipment:** allow other members to work in between your sets.
- > **Clean up after your workout:** replace weight plates and bars in their proper place.
- > **Need assistance?** For your convenience and safety, call the Service Desk using the phones in the locker rooms or on the pool deck (located to the right of the Family Locker room exit door).
- > **Respect group fitness classes:** Please remain quiet in this area while class is in session.
- > **While waiting for class outside the studio:** Please do not sit on the equipment. Benches are available if you would like to sit while waiting.

Thank you for doing your part to keep our Active community safe, respectful, and fun for all!



RESET YOUR BODY FOR THE NEW YEAR

20% OFF WITH DESIGNS FOR HEALTH

The holidays are joyful, but can also be hard on your body. Now is the perfect time to reboot, restore and refresh with the PurePaleo Cleanse by Designs for Health - a science-backed detox designed to support liver function, boost energy and reset your metabolism.

Pure Paleo Cleanse is the ultimate New Year reset because it...

- Eliminate post holiday toxins. Supports liver detox pathways with nutrients that help eliminate what's been weighing you down
- Reduces inflammation and bloating. Gentle on the gut and free from common allergens, their beef protein supports digestive repair and lean tissue recovery
- Boosts mental clarity and energy. Helps eliminate brain fog and fatigues as your body rebalances and recharges
- Helps reset metabolism and break cravings. Stabilizes blood sugar, supports healthy digestion and lays the foundation for sustainable weight loss or clean eating goals.

Learn more about the PurePaleo Cleanse.

Reclaim your energy and start the year strong with PurePaleo Cleanse. Save 20% with code AW20.

SHOP NOW

Active Wellness Center at NorthBay Health

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