



YOU'RE INVITED! ACTIVE'S FRIENDS AND FAMILY WEEK

Free Guest Workouts, 12/4-12/10*

To show our gratitude for you, we're opening our doors for pre-holiday guest workouts all week! Bring your friends and family to show off your new club and inspire a healthy season. Click the button below and forward the invitation link to share with your friends.

Invite Friends and Family

*Waived guest fees valid 12/4/23-12/10/23 only. Valid for first-time, local adult guests. Must be 18 years or older. All guests are required to sign a guest registration form at the Service Desk. See club for further details.



GIVE THE GIFT OF SWIM

All ages and all skill levels welcome

Parent Tot| Junior Lessons| Youth Lessons| Swim Club| Adult

At Active, we offer small group, semi-private, and private swim lessons led by our experienced and lifeguard certified team. Open to the community, with preferred pricing for members. Join us!

[Swim Lesson Pricing & Descriptions](#)

SWIM LESSONS



Active Swag Makes Great Gifts

To help you gear up for the holidays, we've created a Limited Edition NorCal Live Actively unisex hooded sweatshirt. Snag yours at the service desk for \$45. Shop your favorites in-club.

Looking for more gift ideas? [Swim Lessons](#) and [Personal Training](#) packages make great gifts for your loved ones as well.



HOLIDAY FUN IS HERE

This month, we're hosting a **Craft night 12/6** and **Movie night 12/19** for the kids. These parties are no additional charge for children with Active Kids memberships. Guest Passes are available to purchase. \$15 with a member. \$20 non member. RSVP by clicking the button below. Enter "Craft Party" and/or "Movie Night" in the Questions/Comment section to RSVP for the event(s) your child(ren) will attend, and we will see you there.

[RSVP HERE](#)



MEET AYLSE GAY

Personal Trainer

Alyse grew up playing a variety of sports, and as she grew older, she realized that what she enjoyed most was the training aspect, rather than competing. She has a degree in Kinesiology with an emphasis on health and human performance, and a NASM (National Academy of Sports Medicine) certification. Starting out as a gym custodian, Alyse later progressed to teaching classes and training clients, and has been



doing so ever since. She's also certified in Pain-Free Performance, Holistic Lifestyle, and Pre/Post Natal Exercise, but her specialty is strength training. She believes that strength training is the most effective way to transform the metabolism and shape the body. Each client she works with is unique, and she takes pride in creating exercise plans that align with their preferences and goals. Her goal is to ensure that the fitness journey is not only effective but also enjoyable, making it a sustainable part of their long-term lifestyle. Give us a call or click below to book a spot with Alyse!

BOOK TRAINING SESSION



ACTIVE GIVES BACK--FOOD BANK DONATION DRIVE

Join Us in Giving Back to the Community this Holiday Season

Active at NorthBay is grateful to be a part of the Solano County community. As a way to give back, we are hosting a holiday donation drive in support of the Food Bank of Contra Costa & Solano. We're currently accepting food donations for those in need. You can find a list of the most needed items by clicking the button below.

Visit Active to drop off your donation until 12/17. Your kindness and support are greatly appreciated.

GIVE BACK



NEW CLASS ALERT!

Sundays at 10:15am enjoy our new class, **Gentle Yoga**, with Kalipha.

[See Group Fitness Schedule](#)



📅 HOLIDAY WORKOUTS ALL MONTH LONG 🎉

Come workout and spread holiday cheer at Active all month long. We have featured classes and kids events. Festive attire is encouraged. Dance, swim, cycle and lift your way into the New Year. Lets celebrate!

[EVENT INFO HERE](#)



INSTRUCTOR HIGHLIGHT

Meet Nicole McGown

Indoor cycling has always been her passion and finally, in 2018, she decided to take the leap to help others feel the joy she experiences.

“Going to the gym shouldn’t feel like something you HAVE to do, but something you WANT to do. I love all types of music, and I incorporate the beat into every class, so cycling doesn’t feel like work, but FUN!” Nicole enjoys motivating her class through music while also focusing on form, to ensure students are having fun, and enjoying a safe workout.

Catch Nicole teaching Cycle Climb on Tuesdays and Thursdays at 5:15pm and Saturdays at 9am in our beautiful cycle studio. Reserve your next class below.

CLASS SCHEDULE

TEAM HIGHLIGHT



MEET MEGAN MORGAN

Marketing and Event Coordinator

Megan, a proud native of Vacaville, loves her job as it allows her to combine two of her passions: health and fitness, and her local community. Megan went to school for PR and Marketing and initially had aspirations of working with a sports team. “My dad was a sports editor for a newspaper when I was growing up. I got my passion for sports and fitness from him and loved the idea of being able to have a career in a field I had a natural passion for, just like my dad.”

Starting off as a Group Fitness instructor, Megan's career took off as she progressed to become a Personal Trainer and then into Marketing within the fitness industry. Throughout her own health and fitness journey, where she lost 100lbs, Megan realized the importance of support, education, and motivation in achieving one's goals. Today, she is proud to be in a role where she can provide the same support to others.

When Megan isn't working, she enjoys a variety of hobbies such as dancing, hiking, reading, watching movies, and eating sushi with her boys. You might spot her walking the track, participating in group fitness classes, or taking pictures and adjusting signage around the premises, so be sure to say hi! Megan loves meeting and getting to know her Active Family, and helping them on their wellness journey.

MEMBER FEATURE



MEMBER OF THE MONTH

Meet Julie Swingle

Julie has been a member here at Active at NorthBay for a little over a month. Currently Julie uses the assistance of a wheelchair to get around, due to her paralysis. She was awarded a grant from the Northern California Spinal Cord Injury Foundation to aid in her rehabilitation. Our training team is thrilled to be working with Julie! To read about her story and progress she's made here at Active, click below.

JULIE'S STORY



WE'RE HIRING:

Work Where You Workout (And Love It)!

We're hiring for several open positions to join our growing team, offering competitive pay and benefits, and a complimentary club membership! If you or somebody you know is interested, please check out the link below to apply and learn more.

- **Membership Sales Representative**

- **Personal Trainers & Group Fitness Instructors**
- **Pilates Reformer Instructors**

[LEARN MORE](#)



ACTIVE WELLNESS CENTER AT NORTHBAY HEALTH
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