active
AT NORTHBAY HEALTH





MARCH MADNESS CHECK IN CHALLENGE

Just check into the club 8 or more times between March 1-31 and you'll be entered to win Active's Slam Dunk Prize Package, with an additional 10 winners receiving prizes. Check-ins are tracked automatically. Get in the game and win big!

Find prizes and more details by clicking below.

PRIZES AND MORE



EVERYTHING UNDER ONE ROOF

To help enhance your experience here at Active, we're proud to offer programs that help you not only achieve your goals, but also offer amenities to help make taking time for yourself more convenient. Below are a few of our favorites. Click each picture to discover more.



Swim Lessons

All ages, all skill levels. Year-round lessons in our indoor, heated pools. Small group, semi-private, and private lessons available. Classes taught by our certified swim instructors.



Personal Training

Book your Welcome Workouts, complimentary to all new members. Connect with our team and see how our knowledgeable and talented trainers can help set you up for success.



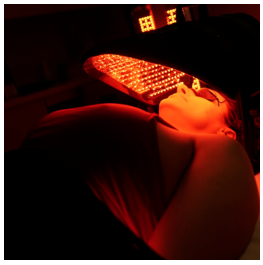
Pilates Reformer Training

We offer group classes, buddy training and private training sessions for this low-impact, total-body conditioning workout on the reformer machine.

Kids Club Membership



Kids will enjoy games, crafts, movies, dance and fitness activities in our indoor and outdoor Kids Club, led by our experienced, Trustline and CRP certified team members.



Red Light Therapy

Help improve your skin and muscles as well as lose inches. Ask us about our Contour Red Light Therapy packages.



Locker Rentals

Tired of lugging that gym bag around or making the extra trip back home to shower? We have monthly locker rentals available to help you out. See the Service Desk to rent yours.



Pro Shop Retail

Grab a drink for pre, during, or post workout. We also have swim caps, yoga mats, water bottles and more. Come on in to check out all the retail items in the Pro Shop.

KIDFEST AT ACTIVE

Community Kids Event

Sat 3/9
KIDS FREE



Leprechaun Traps, Active Kids Fitness Class, Family Swim, Duck hunt and Naming Contest, Games, Raffle, and more!

Events from 8:30am-2:30pm
Some activities have limited space.

Find details and make reservations at www.activewellnesscenter.com/northbay/events

ACTIVE WELLNESS CENTER AT NORTHBAY HEALTH-1020 NUT TREE RD- VACAVILLE

SCHEDULE OF EVENTS:

- *Kids Club 8:30am-12:30pm–Leprechaun Trap making*
- *Duck Hunt 8:30am-2:30pm–Find our new Active Duck mascot! Enter to win kids raffle. Name the duck contest.*
- *Active Kids Fitness 12pm-12:30pm–Strength, Cardio, And Stretch*
- *Family Swim 12pm-2pm*

Kids Club, Active Kids Fitness, and Family Swim all require reservations. Scan QR or email NorthBay.KidsClub@activewellnesscenter.com to book your child's spot.

RSVP HERE

"Hop Hop Hurray!"

Parents Night Out

Friday March 22nd 5pm-9pm
Kids ages 2-12 invited

TICKETS:

Kids Club Members: $35/first child, $30/sibling
Non-Kids Club Members: $45/first child, $40/sibling

*Parent, guardian, or grandparent must be an Active Member. Parents may drop off or pick up anytime between the event hours.

Space is limited, so get your tickets today by clicking the link below. Have more questions? Contact us



at northbay.kidsclub@activewellnesscenter.com

GET TICKETS HERE



TECHNIQUE TUESDAYS WITH NOAH

Complimentary Foundational Lift Demos

Come train during our Technique Tuesday series. Noah will coach you though a new foundational lift each week.

Tues 3/12 Squat 6-6:30pm
Squat 6:30-7pm

Tues 3/19 Deadlift 6-6:30pm
Deadlift 6:30-7pm

Tues 3/26 Pullup 6-6:30pm
Pullup 6:30-7pm

Space is limited. Book your spot by clickig below and select your demo under 'Book' > 'Group Fitness'. Can't make the demos? Book your Welcome Workout or come by 7-7:30 to chat with Noah in the lobby, following his demos each week.

BOOK DEMO HERE



THE ZONE

Comming Soon...

Experience the most efficient, effective workout in the North Bay. Our athletic-inspired small group training program is designed to maximize results. Led by an expert coach, this revolutionary workout uses MYZONE heart-rate training technology and team-based camaraderie to take your workout to the next level.

Click HERE to learn a little more and look out for information to come on demo week starting April 1st.



MEET NOAH ANCHETA

Personal Trainer

Meet Noah, our newest Personal Trainer. Noah has been enjoying meeting new people here at Active and he loves helping his clients achieve their goals and gain confidence through training.

Click HERE to learn more about Noah and come train with him during our Technique Tuesday series this month.





NEW CLASS ALERT AND A WELCOME, NEW INSTRUCTORS!

Check out our newly added class added this month, **Sunrise Yoga.**

Welcome to our newest Instructors, **Cami, Kamra, and Daisy**. Come check with them out at Strictly Strength, Total Body Sculpt, and Sunrise Yoga. Full class schdedule below.

GROUP FITNESS SCHEDULE



INSTRUCTOR HIGHLIGHT

Meet Michele Gadaw

Michele is one of our fabulous Swim Instructors. Let's hear why Michele loves what she does.

“One of my most favorite things about teaching swim lessons to kids and adults is watching them do stuff they never thought that they could do. I love seeing them gain confidence with themselves in the pool. What I hope to continue accomplishing is for kids and adults to feel comfortable in the water and to get them to where they want to go with swimming, whether it is to be on a swim team, learn a new stroke, put their face underwater or be able to float. I am happy and

honored to be a part of your process.”

Check out all of our Swim Lesson offerings by clicking the button below.

ALL THINGS SWIM





Meet Adrienne Simich

Members Services Supervisor

We're thrilled to announce our new Member Services Supervisor, Adrienne. Help us congratulate her on her recent promotion! We're so excited to have her as part of the leadership team here at Active at NorthBay.

Click HERE for Q&A with Adrienne.



MEMBER FEATURE

MEET VIVAN PERRY

We wanted to introduce you to Vivan, one of our dedicated members. Vivian is a Founding Member at Active. Her favorite classes are Yoga and Zumba. She’s interested in trying out swimming to add into her workout routine too.



Click HERE to read more about what motivates Vivian.

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