



GPYC Offers Pilates, Total Body Fit, Yoga Sculpt

Pilates

A four-week session of high intensity exercise that incorporates strength training, core conditioning and improving body tone. We'll tone, sculpt, and boost metabolism in a 45-minute, three-days-per-week camp. Men will gain just as much from this as the ladies!

Monday's class will incorporate greater intensity and cardio challenges to sweat out toxins and start your week off with a mega energy boost.

Monday, Wednesday, Friday 9-9:45am

GPYC Family Activity Center Fitness Field (in case of rain: Ballroom)

Session One: May 21-June 16

Pilates Fast Pass*: 12 sessions for \$215

Drop-in: \$22, sponsored guest drop-in \$25

Total Body Fit Camp

This is a quick-paced head-to-toe workout utilizing body weight, squats and lunges. Interval training is stressed using appropriate work-to-rest ratios, with music to keep you motivated. Brian will tune up and tune down your workload, so nobody ever feels over or underwhelmed.

Tuesday, Thursday 9-9:45 a.m.

Saturday 8:30-9:15 a.m.

GPYC Family Activity Center Fitness Field (in case of rain: Ballroom)

Session One: May 22nd through June 15th

Fit Camp Fast Pass*: 12 sessions \$215

Drop-in: \$22, sponsored guest drop-in \$25

It is recommended that you intersperse pilates and flex training alongside fit camp for added flexibility and injury prevention.

Meet the Coaches



Nancy Blake is a certified STOTT Pilates instructor and certified Barre Intensity instructor. Nancy holds degrees in both kinesiology and nutrition while she is currently working toward becoming a Holistic Nutrition Therapist. Nancy is an avid runner and has loved what Pilates has done for her both mentally and physically. She plans to incorporate her nutrition expertise into sessions in an aim to help people make lasting lifestyle changes.



Brian Anteck is a certified fitness and yoga sculpt instructor, in addition to being a USPTA certified pro. He has written the fitness portion in Vic Braden's Championship Tennis book while working alongside both Vic Braden and USC Tennis head coach Peter Smith. Brian has worked at the Billy Jean King National tennis center and the Alisal Ranch and La Costa Resort in California. He has fitness trained over 50 national tennis champions and was trainer to world number 325 Sarah Fansler.

Group & Private Lessons

Fitness camps at a bad time for your schedule? We've got you covered!
Nancy and Brian are available for group and private lessons.

Private or Group Pilates

Private sessions will focus on your needs and increase strength while focusing on core stability and peripheral mobility. End results are increased strength, flexibility, body awareness and reductions in lower back pain and inflammation.

\$70/hr. Sponsored guests are welcomed (\$5 guest fee).

Fit Camp and Yoga Sculpt Private and Group Sessions

When muscle meets yoga, Yoga Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with CorePower Yoga 2 sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls

\$70/hr. Sponsored guests are welcomed (\$5 guest fee).

**All Fitness Fast Passes are non-refundable, non-transferable, and may not be shared between members or a sponsored guest. You must attend the session with your guest, and guests are billed at the drop-in guest rate.*

Leftover sessions, may be rolled over in the event that there are subsequent sessions but may not be rolled over to the following calendar year.