



GREAT WESTERN POWER CO.

JANUARY 2012

Keep up to date on upcoming events, promos & the latest gym beta @ GWPC by following us on Facebook!



facebook.com/greatwesternpowerco

GYM HOURS: M-F 6:30AM TO 10PM, S/S 10AM TO 6PM
PHONE: (510) 452-2022

INTRO TO CLIMBING: M-F 5, 6:15 & 7:30PM
SA/SU 11:30AM, 1 & 2:30PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 CrossFit (For Beginners): 10:15am; 11:15am	2 CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Yoga: 12:00pm; 6:00pm Train4Climb: 7:30pm	3 Yoga: 12:00pm; 6:15pm Core: 5:00pm CrossFit: 12:00pm ; 5:15pm; 6:15pm; 7:15pm CrossFit Body (NEW): 6:30am Teen Team: 4:30-6:30pm Free Chair Massage!!! <i>(sign up @ Front Desk)</i>	4 Yoga: 6:00pm Core: 12:15pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Kid's Camp: 4:00-6:00pm	5 Yoga: 12:00pm CrossFit (For Beginners): 5:15pm; 6:15pm CrossFit Body (NEW): 6:30am TRX: 5:30pm Core: 6:30pm Teen Team: 5pm-7pm	6 Yoga: 12:00pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Zumba: 6:00pm Women's Night	7 CrossFit: 10:15am; 11:15am Yoga: 10:00am
8 CrossFit (For Beginners): 10:15am; 11:15am	9 CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Yoga: 12:00pm; 6:00pm Train4Climb: 7:30pm	10 Yoga: 12:00pm; 6:15pm Core: 5:00pm CrossFit: 12:00pm ; 5:15pm; 6:15pm; 7:15pm CrossFit Body (NEW): 6:30am Teen Team: 4:30-6:30pm	11 Yoga: 6:00pm Core: 12:15pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Kid's Camp: 4:00-6:00pm	12 Yoga: 12:00pm CrossFit (For Beginners): 5:15pm; 6:15pm CrossFit Body (NEW): 6:30am TRX: 5:30pm Core: 6:30pm Teen Team: 5pm-7pm	13 Yoga: 12:00pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Zumba: 6:00pm College Student Night	14 CrossFit: 10:15am; 11:15am Yoga: 10:00am BOULDERING CLINIC W/ MELISSA 6-8PM
15 CrossFit (For Beginners): 10:15am; 11:15am	16 CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Yoga: 12:00pm; 6:00pm Train4Climb: 7:30pm	17 Yoga: 12:00pm; 6:15pm Core: 5:00pm CrossFit: 12:00pm ; 5:15pm; 6:15pm; 7:15pm CrossFit Body (NEW): 6:30am Teen Team: 4:30-6:30pm Free Chair Massage!!! <i>(sign up @ Front Desk)</i>	18 Yoga: 6:00pm Core: 12:15pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Kid's Camp: 4:00-6:00pm TECHNIQUE CLINIC W/ STEPHANIE 6-8PM	19 Yoga: 12:00pm CrossFit (For Beginners): 5:15pm; 6:15pm CrossFit Body (NEW): 6:30am TRX: 5:30pm Core: 6:30pm Teen Team: 5pm-7pm	20 Yoga: 12:00pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Zumba: 6:00pm	21 CrossFit: 10:15am; 11:15am Yoga: 10:00am CRACK CLIMBING CLINIC W/ ANDREW 6-8PM
22 CrossFit (For Beginners): 10:15am; 11:15am	23 CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Yoga: 12:00pm; 6:00pm Train4Climb: 7:30pm Free Chiropractic Screening (7-9pm)	24 Yoga: 12:00pm; 6:15pm Core: 5:00pm CrossFit: 12:00pm ; 5:15pm; 6:15pm; 7:15pm CrossFit Body (NEW): 6:30am Teen Team: 4:30-6:30pm	25 Yoga: 6:00pm Core: 12:15pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Kid's Camp: 4:00-6:00pm	26 Yoga: 12:00pm CrossFit (For Beginners): 5:15pm; 6:15pm CrossFit Body (NEW): 6:30am TRX: 5:30pm Core: 6:30pm Teen Team: 5pm-7pm	27 Yoga: 12:00pm CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Zumba: 6:00pm Member Guest Day	28 CrossFit: 10:15am; 11:15am Yoga: 10:00am TBS7 @ THE STUDIO (SJ) 12-5PM
29 CrossFit (For Beginners): 10:15am; 11:15am LEAD CLINIC W/ JOHN 6-8PM	30 CrossFit: 6:30am; 12:00pm ; 5:15pm; 6:15pm Yoga: 12:00pm; 6:00pm Train4Climb: 7:30pm	31 Yoga: 12:00pm; 6:15pm Core: 5:00pm CrossFit: 12:00pm ; 5:15pm; 6:15pm; 7:15pm CrossFit Body (NEW): 6:30am Teen Team: 4:30-6:30pm				



Yoga	Core	CrossFit	Train4Climbing	Program Classes Yoga & all fitness classes are FREE to members \$12 for non-members.
M/W 6pm - Raven	T 5pm - Avram	For the full CrossFit schedule, visit:	M 7:30pm - Mike	
M/T/F Noon - Craig	W 12:15pm - Mike	www.crossfiteastbay.com		
T 6:15pm - Avram	Th 6:30pm - Avram	CrossFit Body	TRX	
Th Noon - Raven	Zumba	T/Th 6:30am - Andrea	Thu 5:30pm - Mike	
Sat 10am - Craig	F 6pm - Juliet			