

SKI CONDITIONING Class Series

ENJOY EVERY RUN
*Ski better & have
more fun!*

CONDITIONING
means

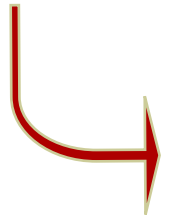
- Cardio fitness for more energy
- Less chance of injury & fatigue
- Muscular power & endurance
- Quick reaction time
- Core Strength for Balance

Ready for the SLOPES ?

Get your
~~SKI~~ BODY
Tune-Up NOW!

GET A JUMP
ON A GREAT
SKI SEASON!

START with a
FREE CLASS



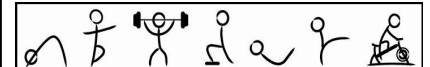
ACHIEVE Performance

ACHIEVE Fitness
...the fun way!

600 So Center St, Reno
(775)323-2101
www.achievefitness.us

ACHIEVE Fitness
...the fun way!

600 S. Center St.
Reno, NV 89501 (775)323-2101



ALL CLASSES ALL THE TIME

www.achievefitness.us

Gift Certificate

ACHIEVE FITNESS
...the fun way!

This certificate entitles

REI MEMBER:

(Name)

600 S. Center St.
Reno, NV 89501
775-323-2101
www.achievefitness.us

to ONE FREE SKI CONDITIONING CLASS

Authorized by: KHC

Expiration date: 1/31/2010

(Attend 1st class by this date.)



WINTER TRAINING

CONDITIONING SERIES

INCREDIBLE VALUE!

YOU CHOOSE

4 or 6-week Program
2 or 3 times weekly
Which days & times
fit YOUR schedule

SCREAMIN' DEAL!

\$69 2 times weekly for 4 weeks
\$84 3 times weekly for 4 weeks
\$89 2 times weekly for 6 weeks
\$108 3 times weekly for 6 weeks

Start ANYTIME..... like NOW!

DAY	TIME	CLASS	TARGETS
MONDAY	4:30 PM	BOSU CIRCUIT	AGILITY, CARDIO TRAINING, MUSCULAR ENDURANCE & POWER
	5:30 PM	POWER CARDIO	
TUESDAY	12:15 PM	EXPRESS CIRCUIT	STRENGTH & ENDURANCE
	6:30 PM	KICKBOXING	POWER, AGILITY
	6:30 PM	POWER YOGA	CROSS TRAINING
WEDNESDAY	12:15 PM	BALL BLAST	BALANCE
	4:30 PM	BOSU CIRCUIT	AGILITY, CARDIO TRAINING, MUSCULAR ENDURANCE & POWER
	5:30 PM	BOSU CONDITIONING	
THURSDAY	12:15 PM	EXPRESS CIRCUIT	STRENGTH & ENDURANCE
	5:30 PM	PUMP IT UP	STRENGTH & ENDURANCE
FRIDAY	12:15 PM	SPINNING	CARDIO ENDURANCE
	12:15 PM	PIYO	CROSS TRAINING
SATURDAY	8:30 AM	SPINNING	CARDIO ENDURANCE
	9:00 AM	GLIDING	MUSCULAR POWER, FLEXIBILITY, STRENGTH & ENDURANCE
	9:30 AM	POWER PUMP	

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775-323-2101