

ACHIEVE Fitness

...the fun way!

600 S. Center St., Reno

Positive • Encouraging • Friendly

July, 2010

www.achievefitness.us

(775)323-2101

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15 Fitness Express • <u>Melanie</u>	12:15 Yoga for Fitness • <u>Karen</u>	12:15 Fitness Express • <u>Melanie</u>	12:15 Ball Blast • <u>Karen</u>	12:15 SPIN • <u>Karen</u>	8:30 AM Energy Ride • <u>STAFF</u>
12:15 Pilates To The Core • <u>Karen</u>		12:15 Pilates To The Core • <u>Karen</u>			9:00 AM Cardio Wakeup • <u>Holly</u> (30 minute class)
		4:30 BOSU Circuit • <u>Megan</u>			9:30 AM Power Pump • <u>Holly</u>
5:30 Power Cardio • <u>Melanie</u>	5:30 Power Pump • <u>Holly</u>	5:30 BOSU Conditioning • <u>Holly</u>	5:30 Power Up Functional Training • <u>Holly</u>		10:00 AM Yoga Basics • <u>Lily</u>
5:30-6:45 Power Yoga • <u>Keri</u>	5:30 Mat Pilates • <u>Melissa</u>	5:30-6:45 Power Yoga • <u>Sally</u>	5:30 Mat Pilates • <u>Abbie</u>	5:30-6:45 PM YogaFix • <u>Karen</u>	Go to our Home Page and click MindBodyOnline to reserve bikes, make payments, check schedule for updates, and more!
5:30 Interval Ride • <u>Karen</u>		5:30 Fun Ride • <u>Karen</u>			
NEW CLASS!	6:30 Kickboxing • <u>Archie</u>		*** Community Class-only \$8 *** Karma Yoga 6:30 • <u>Lora</u>		
ZUMBA! 6:30 • <u>Staff</u>	6:30 Power Yoga • <u>Keri</u>		ZUMBA! 6:30 • <u>Jake</u>		
	6:30 Fun Ride • <u>Karen</u>		6:30 Interval Ride • <u>Abbie</u>		
LOOK! →	7:30 Hip Hop • <u>Megan</u>	Hip Hop IS BACK!	NEW! Salsa 7:30 (7/8-8/26) No new students after 3rd class	← LOOK!	

Schedule subject to change (but not often!) Call to verify if unsure!

Enjoy air-conditioned fitness classes!

Expert Instructors • Great Rates

• Fabulous Members

Enjoy Summer!