

ACHIEVE Fitness

...the fun way!

600 S. Center St., Reno

Positive • Encouraging • Friendly

March, 2010

www.achievefitness.us

(775)323-2101

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				12:15 SPIN or PIYO • <u>Karen</u>	8:30 AM Energy Ride • <u>STAFF</u>
12:15 Yoga for Fitness • <u>Karen</u>	12:15 Fitness Express • <u>Carmen</u>	12:15 Ball Blast • <u>Karen</u>	12:15 Fitness Express • <u>Carmen</u>	3/5 PIYO 3/19 PIYO	9:00 AM Cardio Wakeup • <u>Holly</u> (30 minute class)
	12:15 Pilates To The Core • <u>Karen</u>		12:15 Pilates To The Core • <u>Karen</u>	3/12 Spin 3/26 Spin	9:30 AM Power Pump • <u>Holly</u>
4:30 BOSU Circuit • <u>Melissa</u>		4:30 BOSU Circuit • <u>Megan</u>			10:00 AM Yoga Basics • <u>Lily</u> 6 week Series (Registration Required)
5:30 Power Cardio • <u>Holly</u>	5:30 Power Pump • <u>Holly</u>	5:30 BOSU Conditioning • <u>Holly</u>	5:30 Power Up • <u>Karen</u>		New Series starts 3/6 Call to Reserve
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>	<p>NOW you can sign up for Spin classes, buy classes, or pay for your membership ONLINE! Go to Home on our website and click MindBodyOnline!</p>
5:30 Interval Ride • <u>Karen</u>		5:30 Fun Ride • <u>Karen</u>			
6:30 Ballet Body • <u>Lynda</u> New 3/8-Call to Reserve	6:30 Kickboxing • <u>Archie</u>		*** Community Class-only \$8 *** Heart Yoga 6:30 • <u>Lora</u>		
	6:30 Power Yoga • <u>Keri</u>		ZUMBA! 6:30 • <u>Jake</u>		
7:00 Healthy Lifestyle 1/18-3/29 • <u>Karen</u> (Registration closed)	6:30 Fun Ride • <u>Abbie</u>		6:30 Interval Ride • <u>Karen</u>		
	7:30 Hip Hop • <u>STAFF</u>	7:00 Better Backs • <u>Karen</u> New 3/17-Call to Reserve			

Expert Instructors
Great Rates
Fabulous Members

We offer Personal Training as well as
SMALL GROUP Personal Training
(at great rates!)

Your 1st Class is
Half Price!

This month's FREE Class
(Call to Reserve)