

# ACHIEVE

# Fitness

...the fun way!

600 S. Center St., Reno

Positive • Encouraging • Friendly  
 ☆ ☆ ☆ ☆ ☆

# JANUARY Schedule

www.achievetfitness.us

(775)323-2101

|                   | Monday  | Tuesday                               | Wednesday           | Thursday               | Friday   |   | Saturday                |
|-------------------|---|---------------------------------------|---------------------|------------------------|--|---|-------------------------|
| 10:30             |   | Energy Ride                           |                     | Interval Ride          |  |   |                         |
| 12:15<br>(45 Min) | Yoga  | Fitness Express                       | Ball Blast          | Fitness Express        | ☆ Friday SPIN                                  | 8:30  | Energy Ride             |
|                   |   | Mat Pilates                           |                     | Mat Pilates            |  | 9:00  | Cardio WAKE UP (30 Min) |
| 4:00              | Slow Flow Yoga  |                                       | Slow Flow Yoga      |                        |  | 9:30  | Power Pump              |
| 5:30              | ZUMBA!  | ☆ Power Pump                          | BOOT CAMP           | ☆ Power Up             | Flow & Restore Yoga                            |   | Yoga Basics             |
|                   | Power Yoga (75 Min)                                     | Ball Blast                            | Power Yoga (75 Min) | Mat Pilates            | (75 Min)                                       |  <p>YOU could be the <b>BIGGEST LOSER</b></p> <p>TWO CLASSES PER WEEK PLUS Nutrition Guidance Wednesday Nights 7:00 PM</p> <p>12 WEEKS only \$250</p> <p>It all adds up to YOU finally getting where you want to be!</p> <p>*** Members \$ 125 ***</p> <p>Starts Wed Jan 25</p> <p>GRAND PRIZE: 3 Month Unlimited Membership</p> |                         |
|                   | Interval Ride   |                                       | ☆ Fun Ride          |                        | How and Where to SNOWSHOE Classroom 1/28, 4 PM |   |                         |
| 6:30              | Balletone   | Hatha Yoga                            |                     | Yoga for a Happy Heart |  |   |                         |
|                   | Your \$5 donation for 7:30 Monday BELLY DANCE CLASS     | ☆ Fun Ride                            |                     | ☆ Interval Ride        |  |   |                         |
| 7:30              | Benefits Reno Crisis Call Center<br>All levels welcome! | Kickboxing                            |                     | ZUMBA!                 |  |   |                         |
|                   |   | Belly Dancing (Intermediate/Advanced) |                     |                        |  |   |                         |

Sign up on Online to reserve & track your classes, make payments, see updates, and more!

Equipment Limits Space in (☆ THESE) Classes



LOG ON or CALL in to RESERVE YOUR SPACE



If you are new to Spinning please call to schedule a (free) Orientation

JANUARY JANUARY