

JANUARY

559-638-2300



REEDLEY GROUP X SCHEDULE

www.xceleratefitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM FITNESS on DEMAND	5:00 AM KRISTINE SPIN	5:00 AM FITNESS on DEMAND	5:00 AM KRISTINE SPIN	5:00 AM FITNESS on DEMAND	
8:00 AM JACKIE YOGA	8:00 AM FITNESS on DEMAND	8:00 AM JACKIE YOGA	8:00 AM FITNESS on DEMAND	8:00 AM FITNESS on DEMAND	8:00 AM FITNESS on DEMAND
9:00 AM KACIE SPIN		9:00 AM AMY SPIN		9:00 AM AMY SPIN	9:00 AM MALINA/KRISTIN Rhythm Ride
9:15 KADI SilverSneakers— Cardio	9:00 AM FITNESS on DEMAND	9:15 KADI SilverSneakers - Cardio	9:00 AM FITNESS on DEMAND	9:00 KADI SilverSneakers— Yoga	<div> January Special 1 Year Agreement \$20 Enrollment \$20 First Month Dues Plus Entered in a raffle to win a 50 inch TV <hr/> Bring a Buddy Sundays! Bring a friend to workout for FREE on Sunday Must be 18 years or older </div>
10:05 AM KADI SilverSneakers— Yoga	10:15 AM GREG SilverSneakers— Classic	10:05 AM KADI SilverSneakers— Yoga	10:05 AM LORENA ZUMBA— Gold	10:05 AM AMY SilverSneakers— Classic	
<div> Sign up at the Front Desk for the next 6 Week Challenge starting in January! </div>					
6:00 PM FITNESS on DEMAND Sport Total Body Workout	6:00 PM DAWN D X-BARRE	6:00 PM FITNESS on DEMAND Sport Total Body Workout	6:00 PM DAWN D X-BARRE	6:00 PM FITNESS on DEMAND Sport Total Body Workout	
6:30 PM RUBY SPIN	7:15 PM ABBY SPIN	7:15 PM ABBY SPIN	6:30 PM RUBY SPIN		
7:30 PM JESSICA ZUMBA	730 PM FITNESS on DEMAND	7:30 PM JESSICA ZUMBA	7:30 PM FITNESS on DEMAND		