

DECEMBER



REEDLEY GROUP X SCHEDULE

559-638-2300

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 MALINA SPIN		9:00 AM AMY SPIN		9:00 AM AMY SPIN	9:00 AM AMY/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><div>DECEMBER-Specials 12 Month Agreement First Month Free! <hr/>One Month Membership \$40 <hr/>1 Year Paid in Full 10% OFF See front desk for details</div><div>Bring a Buddy Sundays! Bring a friend to workout for FREE on Sunday Must be 18</div></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><div>December Schedule NO CLASSES—Week of December 23-January 1 December 24, Christmas Eve—Club closes at 5pm December 25, Christmas—Club Closed December 26—Club Opens at 5:00 am December 31, New Year’s Eve—Club closes at 5 pm January 1, New Year’s Day—Club opens at 11 am</div></div>			<div></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	<div><div>Next 6-Week Challenge Coming in January!</div></div>	
7:30 PM JESSICA ZUMBA	730 PM FITNESS on DEMAND	7:30 PM JESSICA ZUMBA	7:30 PM FITNESS on DEMAND		