



Attention Members Group X Holiday Hours:

Wednesday, December 24th - Christmas Eve

No PM classes

Thursday, December 25th - Christmas Day

CLOSED

Friday, December 26th

8:00 am - TRX

10:30 am - Bootcamp

Saturday, December 27th & Sunday, December 28th

ALL classes will be CANCELLED

Wednesday, December 31st - New Year's Eve

No PM classes

Thursday, January 1st - New Year's Day

9:00 am - PUMP IT UP with Marlene

90 min of strength/cardio intervals with 30 min of Pilates to finish it off!

Friday, January 2nd

8:00 am - TRX

9:15 am - Pilates

10:30 am - Bootcamp

Saturday, January 3rd & Sunday, January 4th

Regular Group X Schedule



CAUGHLIN ATHLETIC CLUB

RENO'S PREMIER FAMILY FITNESS & TENNIS CLUB