

**Sign up required!
Space is limited!**



EEFX TRAINING

Monday

Wednesday

Friday

6:00 a.m. and 8:30am with Larry

2:30pm with Ed

Monday and Wednesday - 6:00 p.m. with Larry

Friday - 5:00 p.m. with Larry

2nd/4th Saturday - 9:00 a.m. with Larry

SIGN UP AT THE FRONT DESK: SPACE IS LIMITED!

RATES

Members:

1 class at a time: \$7

Punch card of 10 classes: \$40

Unlimited use: \$25/month (added to monthly rate)

Non-Members:

1 class at a time: \$10

Punch card of 10 classes: \$75



2345 Athens Ave □ Redding CA 96001
530-246-1902 www.edfitness.com