



# May Group Fitness

**\* Please call to reserve your spot or schedule a class \***  
**303-440-1015**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 <b>BootCamp!</b> 5:30 pm	8 <b>BootCamp!</b> 5:30 pm	9 <b>BootCamp!</b> 5:30 pm	10 <b>BootCamp!</b> 5:30 pm	11 <b>BootCamp!</b> 5:30 pm	12	13 <b>\$50 BootCamp</b> <i>The first Monday of every month</i>
14 4:30 Strength Class	15 10 am and 4:30 Strength	16 10 am Strength Class	17 4:30 Strength Class	18	19 4:30 Strength Class	20
21	22 10 am and 4:30 Strength	23 4:30 Strength Class	24 4:30 Strength Class	25 4:30 Strength Class	26	27
28	29 10 am and 4:30 Strength	30 10 am Strength Class	31 4:30 Strength Class			

***Living Social Clients: Bootcamp and Strength Classes can be used to fulfill exercise classes purchased in your deal.***

**\* What is BootCamp? – ALWAYS STARTS THE FIRST MONDAY OF THE MONTH** 1-week; 5-days, 30-minute workouts with take home notes! Get 5 different workouts to do at home or at the gym! Come back the next month and 5 more.....Your body will never get bored \*Bootcamp is \$50 for all 5 workouts or \$20/class to drop-in. This class is for all levels. We will teach you to modify the exercises to match your ability and goals.

## BootCamp! - Only \$50 for the week!

**\* What is Strength Class? – 45 min instructional exercise session on strength training with free weights, bands, balls, discs to help you learn how to exercise safely on your own. Appropriate for all fitness levels, instructor will adapt to meet your needs/injuries/capabilities. \$20/class.**

**\* Organize a personal class for you and your friends.** Minimum of 4 people: \$25 per person. Call and ask for Michelle or Katie. See class options and descriptions below.

**Cardio & Core Tabata TRX®:** A quick burst of high intensity intervals that will push you hard for short, doable bursts of effort combined with short rest periods for fast and effective results. All levels can do this as you set your own personal pace. Working on the TRX includes core muscles all the time so you'll sculpt a strong midsection while you work.

**Total Body TRX®:** The TRX Suspension Trainer is a training tool that builds total body stability and strength by leveraging the user's bodyweight through numerous functional exercises. Come experience a fantastic and truly unique total body strength workout with great results for long, lean muscles.

**Yoga Restore:** Combines simple postures and stretches to enhance flexibility, strength, and overall wellbeing. Come relax and refresh in this gentle approach to restoring a healthy balance in your body.