

January

GROUP EXERCISE CALENDAR

MONDAY - FRIDAY

**TOTAL BODY CONDITIONING
& STRENGTH**

- 12:00 PM
- 4:00 PM

SAFETY RULES

- 10 Per Class
- 90 min workout limits
- First come first serve
- Restrooms are open
- Locker rooms are closed
- Come ready to workout,
changing not allowed at this time

RESERVE YOUR SPOT

**Please call us the DAY OF the
class at 720-847-6679.**

HOURS OF OPERATION

- MONDAY-FRIDAY: 8:00AM - 5:30PM**
- **CLOSED 1 JANUARY**



FOLLOW US @460FSS

TOTAL BODY CONDITIONING AND STRENGTH:

(Certified Personal Trainer Led workouts, no fee)

Conditioning workouts benefit everyone from athletes to people looking to lose weight. Total Body Conditioning and Strength is a program comprising whole body workouts to improve cardiovascular endurance, strength, flexibility, power, speed and balance. It is a unique strength and conditioning workout routine split into circuits or stations using your own bodyweight and also adding multiple pieces of equipment like kettlebells, medicine balls, dumbbells, weights, ropes, barbells, plyo boxes and more. The program is designed for anyone committed to improving their physical abilities. We can regress and progress individual exercises as needed, the program doesn't change.