

SUMMER

Sizzler

FIT-A-THON

SATURDAY, JUNE 25 🌴 7:45 - 10:15 AM

CLASS TIME	FITNESS STUDIO	MIND BODY STUDIO	GYMNASIUM
7:45 - 8:10 am	Les Mills Combat™ Christina	All-Levels Yoga Evanne	HIIT Cycle Suzi
8:20 - 8:45 am	BODYPUMP™ Jon	Restorative Yoga Evanne	HIIT Cycle Sheri
8:55 - 9:20 am	Step HIIT Sheri	All-Levels Yoga Nadia	BOOM MOVE Karen
9:25 - 9:50 am	Les Mills CORE™ Jeff	Restorative Yoga Nadia	

Pick up a class participation card at guest services for each class you want to attend. Join us for recovery snacks and a raffle at 10 am (must be present to win prizes). Register at www.cvprd.com or 303-833-3660. Age: 15+

Fee: \$12.50 District, \$15 Non-District

