

MILES' MOUNTAIN FIT CLASS



Join Miles Gentry for a 8-week Skinning Fitness Class. This class will be held outside at various locations in the Valley. This program is designed to get you on your alpine touring gear for a great 90 minute heart-rate based workout. All levels of backcountry enthusiasts are welcome. We will cover the basics of how to skin, building into heart-rate based interval workouts.

Tues. & Thurs. 9:00-10:30

Tues. January 16th-Thurs. March 8th

\$300.00 for full program, or \$25.00 daily drop in
Only 10 spots available



For more detailed information call (970)790-5090 or www.minturnfitnesscenter.com