

Winter Maintenance Class

Starting November 28th-December 21st

Tuesday & Thursdays

8:30-9:30

\$150.00

Only 10 spots available so sign up now

Winter Maintenance is a program designed to keep you strong and healthy on the slopes. Classes will include strength based exercises, cardio circuits, and regeneration techniques to keep you injury-free. This program meets twice weekly for 4 weeks, providing everything you need to hit the mountain hard.



For more information, or to sign up call (970)790-5090 www.minturnfitnesscenter.com