

Outdoor Boot Camp

Taught by Fitness For Living, a leading Boot Camps in Boulder County for 8 years. Featured on NBC's Today Show, FFL's Boot Camps are what Boot Campers call "the most fun you can have getting in shape". Give us 5 weeks and we will pump up your health, fitness and vitality to a level that you previously thought unreachable. Small groups, averaging 10, are led by an experienced Personal Trainer. You will lose weight, tone up and increase strength and endurance while having a blast with other supportive campers. Adults of all fitness levels will be challenged with activities such as circuit training, obstacle courses, relay races, trail days, games and more. Each session includes fitness assessments, body composition test, weekly nutrition and training tips, and unlimited email access to your Camp Trainer.

- Participants register for one specific class time but are welcome to attend another class if necessary.
- Class may be canceled in inclement weather. A make-up class will be arranged at the same class time and same location on a Tuesday or Thursday
- Prospective participants can call instructor David Clair at 303-550-3491 if they have any specific questions.

Code	R/NR	Day	Time	Date
35320A	\$170/\$180	M/W/F	6:00-7:00 am	April 12-May 10
35321A	\$170/\$180	M/W/F	7:15-8:15 am	April 12-May 10
35322A	\$170/\$180	M/W/F	9:00-10:00 am	April 12-May 10*
35323A	\$170/\$180	M/W/F	5:45-6:45 pm	April 12-May 10
35320B	\$215/\$225	M/W/F	6:00-7:00 am	May 10-June 14*
35321B	\$215/\$225	M/W/F	7:15-7:15 am	May 10-June 14*
35322B	\$215/\$225	M/W/F	9:00-10:00 am	May 10-June 14*
35323B	\$215/\$225	M/W/F	5:45-6:45 pm	May 10-June 14*
35320C	\$215/\$225	M/W/F	6:00-7:00 am	June 14-July 19*
35321C	\$215/\$225	M/W/F	7:15-8:15 am	June 14-July 19*
35322C	\$215/\$225	M/W/F	9:00-10:00 am	June 14-July 19*
35323C	\$215/\$225	M/W/F	5:45-6:45 pm	June 14-July 19*
35320D	\$215/\$225	M/W/F	6:00-7:00 am	July 19-Aug 23
35321D	\$215/\$225	M/W/F	7:15-8:15 am	July 19-Aug 23
35322D	\$215/\$225	M/W/F	9:00-10:00 am	July 19-Aug 23**
35323D	\$215/\$225	M/W/F	5:45-6:45 pm	July 19-Aug 23

* No class May 31, class held on June 1

* No class July 5, class held on July 6

NEW! **Intro to Step -- New Drop-In Fitness Class!**

An ideal place to start for participants interested in step classes. See full description on page 40. Offered these months only:

Months: April, June and August

Day: Saturday

Time: 11:30 am-12:30 pm

Power Training

Power Training eliminates the boredom of getting into peak shape by incorporating creativity and variability into a total body workout! You get a highly effective and motivating workout focusing on strength training with an intense cardio complement in every class. Each group session is led by a Certified Professional Trainer to help give you the results, training and inspiration you need to help meet your personal fitness goals. Bottom line - it's good, hard fun! Questions? Call Tina at t-Fitness; 720-436-6037. INTERESTED? Come try the first class for free! You may start a session at anytime.

R/NR	Day	Time	Date
\$80/\$85	Tue/Thr	5:00-6:00 am	April 1-29
\$80/\$85	Tue/Thr	5:00-6:00 am	May 4-27
\$80/\$85	Tue/Thr	5:00-6:00 am	June 1-29
\$80/\$85	Tue/Thr	5:00-6:00 am	July 1-29
\$80/\$85	Tue/Thr	5:00-6:00 am	August 3-31
\$80/\$85	M/W/F	6:00-7:00 am	April 2-30
\$80/\$85	M/W/F	6:00-7:00 am	May 3-31
\$80/\$85	M/W/F	6:00-7:00 am	June 2-30
\$80/\$85	M/W/F	6:00-7:00 am	July 2-30
\$80/\$85	M/W/F	6:00-7:00 am	August 2-30
\$80/\$85	M/W/F	8:30-9:30 am	April 2-30
\$80/\$85	M/W/F	8:30-9:30 am	May 3-31
\$80/\$85	M/W/F	8:30-9:30 am	June 2-30
\$80/\$85	M/W/F	8:30-9:30 am	July 2-30
\$80/\$85	M/W/F	8:30-9:30 am	August 2-30

