



MOUNTAINS' EDGE

F I T N E S S

—where you belong

January

2012

MON	TUE	WED	THUR	FRI	SAT	SUN	
6-7:00am Athletic Intervals Stacey	6-7:00am Cycle/Strength Tina	6-7:00am Body Lean Stacey	6-7:00am Cycle/Strength Tina	6-7:00am Pilates Ball Judy			
8:45-9:45am All Levels Pilates Mat Bianca	8:30-9:30am Chisel Holly S.	7:00-8:15am Cycle/Yoga Peggy	8:30-9:30am Chisel Holly S.	8:45-9:45am Cycling Shannon	8:30-9:30am Cycling Ian	8:30-9:30am Zumba Suzanne	
8:45-9:45am Cycling Jenni		8:45-9:45am Bump & Grind Dance Workout Shannon			9-10:15am Total Athletic Conditioning Stacey 9:30-10:30am Cycling Ian	9:30-10:30am Chisel Suzanne	
9:45-10:15am Above the Belt Bianca	9:45-10:45am Stability Ball Challenge Jen	9:45-10:15am Skinny Jeans Shannon	9:45-10:45am Strength & Balance Sue	9:45-10:15am Above the Belt Shannon			
10:30-11:45am Kundalini Yoga Jess				10:30-11:45am Restorative Hatha Yoga Chardin	10:15-11:30am NIA Tracy		
12-1:00pm Body Lean Jen	12-1:00pm Bump & Grind Dance Workout Shannon	12-1:00pm All Levels Pilates Mat Jen	12-1:00pm Yoga Express Bianca	12-1:00pm Zumba Suzanne	12-1:00pm All Levels Pilates Mat Jan	12-1:30pm Yoga Megan	
		4:30-5:30pm NEW *Athletic Intervals Sara		4:30-5:30pm Body Lean Shannon	4-5:15pm Yoga Gurmukh		
5:30-6:00pm ABSolute Core Stacey 6-7:00pm Chisel/Drill Stacey	5:15-6:30pm Yoga Blake	5:30-6pm ABSolute Core Sara 6-7:00pm Soul Sweat Bahadur	5:15-6:30pm Yoga Blake	<div style="border: 1px solid black; padding: 10px;"> <p>Please check MountainsEdgeFitness.com for instructor subs.</p> </div>			
6:00-7:00pm Guilty Pleasures Cycling Peggy	6:30-7:45pm Kickbox Bootcamp Stacey and Jason	6:00-7:00pm Cycling Sara	6:30-7:30pm Turbo Kick Suzanne				
7:15-8:30pm Yoga Bianca		7:15-8:30pm Yoga Judson	6:30-7:30pm NEW *Cycling* Polly				

Cost: \$15/Class
(included with membership)

Tike's Peak Children's Center

M-F (8:15am-1:15pm)
M/W (4:15-7:15pm)
T/Th (4:45-8pm) F (4-6pm)
Saturday (8:45am-1:30pm) Sunday (8:15am-1:45pm)

Harvest House Pool Hours

6am -11pm Daily 303-449-5033 direct
Check with us for varied holiday hours.

SW Corner of Table Mesa Shopping Center
693 S. Broadway Boulder, CO 80305
303-494-5000
mountainedgefitness.com

