



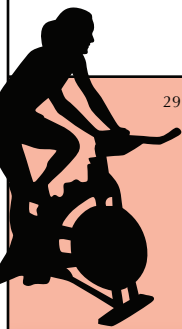
MOUNTAINS' EDGE

F I T N E S S

—where you belong

**January
2012**

SUN MON TUE WED THUR FRI SAT

1 10:00-11:30am Resolution Ride Ian	2 8:45-9:45am Hills Andrea 6:00-7:00pm Guilty Pleasures Peggy	3 6:00-7:00am High-Intensity Training w/ Strength Tina	4 7:00-8:00am Endurance Staff 6:00-7:00pm Hills Sara	5 6:00-7:00am Endurance Tina 6:30-7:30pm P.C.D. Polly	6 8:45-9:45am H.I.T. Shannon	7 8:30-9:30am Psychedelic Saturday Ian 9:30-10:30am Psychedelic Sat Ian
8	9 8:45-9:45am Intervals Jenni 6:00-7:00pm Hills Staff	10 6:00-7:00am High-Intensity Training w/ Strength Tina	11 7:00-8:00am Hills Staff 6:00-7:00pm All-Terrain Sara	12 6:00-7:00am P.C.D. Tina 6:30-7:30pm Resolution Revolution Polly	13 8:45-9:45am Hills Shannon	14 8:30-9:30am H.I.T. Ian 9:30-10:30am H.I.T. Ian
15	16 8:45-9:45am P.C.D. Jenni 6:00-7:00pm Endurance Staff	17 6:00-7:00am High-Intensity Training w/ Strength Tina	18 7:00-8:15am Cycle/Yoga Peggy 6:00-7:00pm H.I.T. Sara	19 6:00-7:00am Endurance Tina 6:30-7:30pm Ride the Stock Market Polly	20 8:45-9:45am All-Terrain Shannon	21 8:30-9:30am Hills & Sprints Ian 9:30-10:30am Hills & Sprints Ian
22	23 8:45-9:45am Hills & Sprints Jenni 6:00-7:00pm Guilty Pleasures Peggy	24 6:00-7:00am High-Intensity Training w/ Strength Tina	25 7:00-8:15am Cycle/Yoga Peggy 6:00-7:00pm Intervals Sara	26 6:00-7:00am Race Day Tina 6:30-7:30pm Under/Over Intervals Polly	27 8:45-9:45am Recovery Shannon	28 8:30-9:30am P.C.D. Ian 9:30-10:30am P.C.D. Ian
29 	30 8:45-9:45am Pyramids Jenni 6:00-7:00pm Guilty Pleasures Peggy	31 6:00-7:00am High-Intensity Training w/Strength Tina				

****Please check website for subs that may not be listed on this schedule.****

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

Affordable Daycare:
M-F (8:15-1:15)
Sat & Sunday (8:45-1:30)
M-Thur (4:15-7pm)

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

