

MOUNTAIN VIEW FITNESS CLASSES

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

8:30-9:30 HardCore Bar B. Moss Begins 9/13/10	8-9 am Pilates Plus Weights L. Vogel		8-9 am Pilates Plus Weights L. Vogel	8:30-9:30 HardCore Bar Begins 9/10/10	8:30 – 9:30 Basic Pilates C. Gabrielli	
			9:30-10:30 Zumba Resumes 9/9/10			
10-11 am Beginning Mat Pilates Janice Smith					10-11 am Resisted Stretch T.Saraduke	
	11:30 -12:30 Therapeutic Yoga Resumes 9/07/10					
				12-1pm Pilates Plus Weights Beg./Int. L. Vogel		
5-6pm Int. Mat Pilates V. Gluth		5-6 pm Beg. Mat Pilates V. Gluth				

For all Classes: Please bring your own mat for all classes. Bring your own ball for classes using large exercise balls. Water bottles must have lids that close for the classroom. Do not eat right before class, however if you do eat something, make it light. **Water and mats available for purchase.**

\$100 for punch card of 10 classes, valid for 90 days from date of first class. \$13 for drop in.

Please call Mountain View Physical Therapy to reserve a spot in class. 303-674-7889. For more information on class descriptions, visit our web site at www.corestrengthforlife.com