

MOUNTAIN VIEW FITNESS CLASSES

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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|--|---|--|---|---|--|--|
| 8:30-9:30 HardCore Bar B. Moss | 8:00-9:00 Pilates + HardCore Bar L. Vogel | 9:00-10:00 HardCore Bar B. Moss | 8:00-9:00 Pilates + HardCore Bar L. Vogel | 8:30-9:30 HardCore Bar B. Moss | 8:30 – 9:30 Basic Pilates C. Gabrielli Cancelled for December | |
| 10-11 am Beginning Mat Pilates J. Smith | 10:00-11:00 N'Balance advanced C. Rutledge | | 10:00-11:00 N'Balance advanced C. Rutledge | 10:30-11:30 Body, Brain and Balance * | 10-11 am Resisted Stretch T.Saraduke | |
| 12-1 pm N'Balance ** C. Rutledge | 11:30-12:30 Yoga S. Westcott | 12-1 pm N'Balance ** C. Rutledge | 11:30-12:30 HardCore Bar B. Moss | 12-1pm Pilates + Stretch+Balance Beg./Int. L. Vogel | | |
| | 2-3 pm N'Balance intermediate C. Rutledge | | 2-3 pm N'Balance intermediate C. Rutledge | | | |
| | 3:30-4:30 Body, Brain and Balance* Begins 1/10/12 | | | | | |
| 5-6pm Int. Mat Pilates V. Gluth | | 5-6 pm Beg/ Int Mat Pilates V Gluth | | | | |

For all Classes: If possible, 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.

\$100 for punch card of 10 classes. \$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

* Begins January 10th, 2012. This is an 8 week session.

** New class begins end of January 2012. This is an 8 week class.