

Give Back Day!



WEDNESDAY NOV 15TH
16TH ANNUAL

FITNESS-ATHON

11th & Lincoln Ave • STEAMBOATPILATESANDFITNESS.COM • 879.6788



ALL CLASS FEES WILL BE DONATED TO THE CHARITY OF YOUR CHOICE. YOU CAN PUT YOUR CLASS FEE DIRECTLY INTO YOUR FAVORITE CAUSE ON OUR JARS OF LOVE TABLE.

Jars will support: STARS, Winter Sports Club, Routt County Humane Society, Routt County United Way, The Challenge Fund held at YVCF, Steamboat Community Assistance Fund (SCAF), Yampa Valley Autism Program, Young Bloods Collective (YBC), Northwest Colorado Health, Partners in Routt County, Steamboat Stampede Youth Hockey Association

SCHEDULE

6:15-7:15 AM coreSPIN*
8:30-9:30 AM coreYOGA vinyasa flow
8:45-9:45 AM coreRUNNING*
10-11 AM BARRE FUSION
11-11:45 AM Total Body Strength
11-12 PM TRXtreme Run/Spin Intervals*
12-1 PM coreREFORMER Jumpboard Int/adv*
12-12:45 PM soulSPIN*
1-2 PM coreREFORMER*
1-2 PM..... cardio DANCE / BARRE
2-3 PM..... Tower Reformer*
3:30-4:15 PM coreKIDS! ages 9-12
4-4:30 PM Pranayama Meditation
4:30-5:30 coreYOGA vinyasa flow
5:30-6:30 Aerial Conditioning
* SIGN-UP REQUIRED

★ SPECIAL clothing sale including Lululemon, HOLIDAY GIFT IDEAS, treats and giveaways!

