



Class Schedule

November / December 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Early Bird Co-Ed Fitness class w/Peggy call 303-345-1501	6:00am Mile Hi Fitness Challenge w/Peggy	5:45am Cycle Hill Climbs w/ Barb	6:00am Mile Hi Fitness Challenge w/Cazzi	5:45am Cycle Intervals w/ Barb	NEW! 8:00am Burn it UP w/ Marla	9:30am PowerHour w/Cazzi
AM	9:15am UpperBody Bootcamp w/ Cazzi		9:15am LowerBody Bootcamp w/ Cazzi		9:15am FullBody Bootcamp w/ Larry	9:00am FullBody Bootcamp w/ Kris or Derick and C.A.P. for Kids	
PM		5:30pm Kardio Kickboxing w/James & Margie	DECEMBER 24 & 31 Holiday BootCamp 9:00 to 10:30am w/Cazzi				
PM	6:00pm Hard Bodies w/ Sterling and C.A.P. for Kids	6:00pm PowerHour w/ Cazzi	6:00pm Hard Bodies w/ Sterling and C.A.P. for Kids	6:00pm PowerHour w/ Kettlebell Kris	6:00pm Yoga w/ Marji		
PM	6:45pm Yoga w/ Marla	6:30pm Universal Kempo Karate call 303-524-2574 Open Enrollment	6:45pm Yoga w/ Marla	6:30pm Universal Kempo Karate call 303-524-2574 Open Enrollment	SHADED CLASSES REQUIRE PRE-REGISTRATION (all others included in membership or drop-in fee)		Happy Holidays! We are CLOSED Xmas Eve, Xmas Day, New Years Eve, New Years Day except for 9am BootCamp class

For more information visit our website www.MFTrainingCenter.com, or email info@mfttrainingcenter.com Call 303-996-4060

BootCamps: Circuit class held in the fitness arena combining cardio, strength, & core training. Muscle definition guaranteed. All levels welcome.

Burn it Up: Lo Impact, hi intensity core & lower body workout on the Bosu Ball. Balance, sweat, burn fat alternating cardio & core work.

Creative Activity Program (CAP) for Kids: Art projects, games, movies and physical activities for ages 4 to 12yrs. \$5 drop-in fee.

Cycling: Incredible sound system, 20ft. projected images & the best instructors! All programs are heart zones based. Wear your monitor and know your zones. Programs include: hill climbs, intervals, & tempo. Movie classes are 90 minutes w/ a PG or PG-13 rated movie. All levels welcome.

Hard Bodies: This unique fitness format will whip you into extraordinary shape w/challenging techniques to take your fitness to the next level. Intermediate to advanced workout. **CLASS FILLS! CALL 303-996-4060 UP TO 48 HOURS IN ADVANCE TO RESERVE YOUR SPOT. \$1.00 RESERVATION FEE.**

Kardio Kickboxing: Lose weight, build muscle, and challenge your cardiovascular system. 50 min. class combines punches, kicks, knees, elbows, and footwork in an upbeat and energetic workout. Learn correct technique for a safer, more efficient training.

PowerHour: Plyometrics, speed, agility, balance, strength, core and slimming. All levels welcome.

Yoga: Heals, detoxifies, and exhilarates the body & mind w/ emphasis on movement, balance and breathing. All levels welcome.