



HURRY!
Space is Limited!

Genesee Mountain Fitness

Brings you your next fitness opportunity!

Starting Tuesday July 13, 2010

Class times:

Tuesdays and Thursdays at 6:00AM

X-Camp

This cross-training bootcamp will challenge you with supersets of interval training. Full variety of exercises with sets and repetitions of whole body movement. Focusing on all out exertion catered to your own fitness level. Strength, cardio, core stability, coordination and balance training with modifications for your fitness level, beginner to athlete!

X-Camp lead by Clare Friday. Clare has over 20 years experience in the fitness industry. With certifications from ACE and the YMCA, she is a dynamic and delightful trainer. She will also work with your nutrition program to help you meet your goals. To learn more about Clare visit:
www.myfridayfitness.com



X-Camp is open to GMF members **AND** non-members.

For members the cost is \$96 that's ONLY \$8 per class, non-members \$120, ONLY \$10 per class.

X-Camp will be here July 13, 2010 through August 19, 2010.

That's six weeks to get in the best shape of your life!

Classes are: Tuesdays & Thursdays at 6:00AM

Minimum class size is six persons, so grab your best workout friend and meet at GMF to start your day in a fitness way!

Call to reserve your place 303-526-5997 NOW.

Genesee Mountain Fitness

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www.geneseemountainfitness.com

