

**MOUNTAIN LIFE FITNESS  
CALENDAR-AT-A-GLANCE  
2016 FIRST QUARTER**

WEEKLY  
W.O.W

Wednesday/Friday @ 6:00 PM (\$5.00  
per person)

Grand Lake Wellness Expo

January 31<sup>st</sup> 10:00 – 3:00 PM  
@ The Western Riviera in Grand Lake

Women with Weights

Tuesday/Thursday 10:15 – 11:15 AM  
\*Start Date TBD\*

Nutrition Workshop

February 6<sup>th</sup> 11:00 – 12:00 PM  
(\$20.00 per person & open to the public)

Endure the Burn

Tuesday/Thursday 10:15 – 11:15 AM  
\*Start Date TBD\*

Maximize Your Mass Tuesday/Thursday  
7:30 – 8:00 PM  
\*Start Date TBD\*

Winter Training Program

April 2<sup>nd</sup> – May 21<sup>st</sup>

*All our Large Group Exercise Classes  
will be offered at regular times. Class  
schedule is available online or stop by the  
Reception Desk and pick up a copy.*



*Your Ultimate Fitness  
Destination!*

[www.MTNLifeFitness.com](http://www.MTNLifeFitness.com)

JANUARY

| M         | T  | W  | T  | F  | S  | S  |
|-----------|----|----|----|----|----|----|
|           |    |    |    |    | 16 | 17 |
| <b>18</b> | 19 | 20 | 21 | 22 | 23 | 24 |
| 25        | 26 | 27 | 28 | 29 | 30 | 31 |

FEBRUARY

| M         | T  | W  | T  | F  | S  | S         |
|-----------|----|----|----|----|----|-----------|
| 1         | 2  | 3  | 4  | 5  | 6  | 7         |
| 8         | 9  | 10 | 11 | 12 | 13 | <b>14</b> |
| <b>15</b> | 16 | 17 | 18 | 19 | 20 | 21        |
| 22        | 23 | 24 | 25 | 26 | 27 | 28        |
| 29        |    |    |    |    |    |           |

MARCH

| M  | T  | W  | T  | F  | S  | S         |
|----|----|----|----|----|----|-----------|
|    | 1  | 2  | 3  | 4  | 5  | 6         |
| 7  | 8  | 9  | 10 | 11 | 12 | <b>13</b> |
| 14 | 15 | 16 | 17 | 18 | 19 | 20        |
| 21 | 22 | 23 | 24 | 25 | 26 | <b>27</b> |
| 28 | 29 | 30 | 31 |    |    |           |

APRIL

| M  | T  | W         | T  | F  | S  | S  |
|----|----|-----------|----|----|----|----|
|    |    |           |    | 1  | 2  | 3  |
| 4  | 5  | 6         | 7  | 8  | 9  | 10 |
| 11 | 12 | <b>13</b> | 14 | 15 | 16 | 17 |