

MOUNTAIN LIFE FITNESS
CALENDAR-AT-A-GLANCE
2016 SECOND QUARTER

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

970-887-1122

www.MTNLifeFitness.com

"LEAN PROTEINS & CLEAN FATS"

NUTRITION WORKSHOP

Saturday, April 23rd
 11:00AM – 12:00PM

"WINTER TRAINING PROGRAM"

Registration Required

@ 9:15AM

Every Saturday & continuing through May 22nd

"WOMEN WITH WEIGHTS"

May – TBD

"W.O.W"

WORKOUT OF THE WEEK

Every Wednesday & Friday

@ 6:00PM

Taught By: Ben

SUNDAY, MAY 29TH

THROUGH

SUNDAY SEPTEMBER 4TH

WE CLOSE ON SUNDAY'S ONLY

"SPINNING FOR THE STARS"

June 11th

Charitable Event for Shining Stars Foundation

JULY 4TH – CLOSED



**Mountain Life
 Fitness**

GRANBY, CO

**Your Ultimate Fitness
 Destination!**