

# September


## Class Schedule Additions + Changes

Check here for class changes and see our full calendars at the front desk or on-line at [www.movementboulder.com](http://www.movementboulder.com)

### CLASS CHANGES

- > **BLAST** **BLAST CIRCUIT LEVEL 1** // Fridays 11:00am // Taught by Bobby M.
- > **BLAST** **BLAST CORE** // Fridays 11:30am // Taught by Bobby M.  
*New Time and New Teacher! – Our new instructor was unable to keep these classes, so we are moving them back to the 11:00 am and 11:30 am spots respectively. Come join us for a great workout to kick off your weekend! Bobby M. will teach this class.*
- > **CLIMBING RECOVERY** // Mondays 6:30-7:15pm // Taught by Mercedes P.  
*New Time and New Teacher! – Mercedes P. is back from her summer abroad and full of new ideas for Climbing Recovery. Please note the time will now be from 6:30 – 7:15 pm.*
- > **BLAST** **BLAST CORE** // Thursdays 7:30am // Taught by Elizabeth K.  
*New Teacher! – Come meet our new Fitness Director, Elizabeth K. and be challenged by her Thursday morning Blast Core class!*

### ADDED CLASSES

- >  **EARLY BIRD** **SKI FIT** // Mondays 12 - 12:45pm // Taught by Megan S.  
Tuesdays 6 - 6:45pm // Taught by Elizabeth K.  
*It may seem early, but ski season will be here before we know it! Join us for a class that combines cardio and strength intervals to make your turns quicker, your hikes easier, and your ski season injury free.*

### SPECIAL EVENTS

- > **HANDS ON** // Taught by Julie Rothschild // Friday, September 2nd, 10:00 - 11:15am



In this Movement Lab, we take special note of how we use our hands, not just in relationship to these activities, but as an extension of ourselves.

\$5 Members, \$15 Non-Members (includes reduced day pass), see flyer or front desk for full details

- > **PARENTS' NIGHT OUT** // Saturday, September 17th, 4:00 - 8:00pm // Ages 1-6



Want a night on the town while knowing your children are having fun and being well nurtured?

**Sign up for Parents' Night Out!**

4 pm – 8 pm, \$25 per child for members and \$30 for non-members --- siblings receive a \$5 discount!

Please bring a sack dinner.

Pre-registration is required and space is limited so sign up today!

See flyer or inquire at front desk for full details.

- > **CLOSED FOR LABOR DAY** // We will be closed Monday, September 5th.