

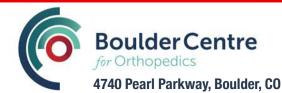
JOIN US FOR OUR 8 WEEK HIKING / 14ER TRAINING GROUP FOCUSING ON:

- CARDIO
- CORE STABILITY
- STRENGTH TRAINING
- FLEXIBILITY
- INJURY PREVENTION
- OPTIONAL TRAINING HIKES ON WEEKENDS, PROGRESS-ING FROM EASY, TO MODERATE, TO 14,000 FT!

GYM SESSIONS MON & WED AFTERNOONS 6PM-7PM STARTS JUNE 21ST.

BOULDER CENTRE FOR ORTHOPEDICS

14ER TRAINING GROUP



PLEASE CONTACT 303-442-2666 OR MARC@BOULDERCENTRE.COM TO SIGN UP. SPACE IS LIMITED

\$275
for 17 GYM SESSIONS
+ OPTIONAL TRAINING HIKES

*WEEKEND TRAINING HIKES START JULY 1ST. DETAILS TBD