

IT'S TIME TO CLIMB!



**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

\$275
for 17 GYM SESSIONS
+ OPTIONAL TRAINING HIKES



Boulder Centre
for Orthopedics

4740 Pearl Parkway, Boulder, CO

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

***WEEKEND TRAINING
HIKES START JULY 1ST.
DETAILS TBD**