

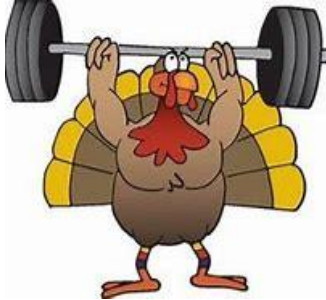

2024 BURN THE BIRD FIT-A-THON!

WHEN: FRIDAY, NOVEMBER 29 FROM 8:30 -10:45 am

COST: \$14.00 D \$21.00 ND AGE: 15+

**REGISTER ONLINE AT WWW.CVPRD.COM OR IN PERSON
OR CALL 303-833-3660**

**PICK UP A CLASS PARTICIPATION CARD FOR EACH CLASS YOU
WANT TO ATTEND AT THE BEGINNING OF THE EVENT**

CLASS TIME	FITNESS STUDIO	MULTI-PURPOSE ROOM	POOL AREA	
8:30-8:55	Bodyump Whitney	Zumba Theresa	Ginger River Strength (8:30-8:55)	
9:05-9:30	HIIT the Step Sheri	High Fitness Whitney	Ginger Aqua Tone (9:00-9:25)	
9:35-10:00	HIIT Cycling Suzi	All Levels Yoga Karen	Laura Deep Water (9:30-9:55)	
10:05-10:30	Les Mills CORE Tina	Meditation Karen	Laura Aqua Tabata (10:00-10:25)	RECOVERY SNACKS AND RAFFLE PRIZES @ 10:35 IN MULTI-PURPOSE ROOM *MUST BE PRESENT TO WIN
		701 5th Street, Frederick, CO 80530		

NOTE: ALL OTHER FITNESS CLASSES ARE CANCELLED NOVEMBER 29