

WINTER PROGRAMS

Available to the Bozeman community. Call for more information



CODY'S INDOOR BOOT CAMP!!

Get your booty ready for spring break



Join Cody in February and March for a 6 week session of Indoor Boot Camp and get a jump start on your spring fitness goals. Cody will also be introducing boxing skills, then look for Cody's Boxing Camp coming in April!

6 week session: TUES & FRI AT 9:00 am

Feb 16th - Mar 12th (break for spring break) Mar 23rd - Mar 27th

\$199 members / \$250 non-members

BLOOD DRAW IN FEBRUARY!

February is Heart Health month and we'd like to help make your heart even healthier. Get out of bed a little earlier on Tuesday Feb 16th when we have our semi-annual blood draw at The Club. Remarkably popular (and a screaming deal too), this chem profile will give you lots of information. For the first time we'll also be offering a Vitamin D assessment.

HEALTH FAIR: Friday morning following the blood draw (Feb 19th) stop by to get your results and attend our first annual Health Fair. Fitness and health professionals will be available to help you build a health plan for 2010.

Check with front desk for more information

OUR CLUB CLASSES check them all out

Whether its yoga or Pilates, Zumba or circuit classes, we have something to fit you!

MARCH RUNNING CAMP

Matt Parks will be your trainer for this year's Running Camp scheduled to start in March. This is a snow or no-snow Camp! Details coming....



HOMESTAKE NORDIC

Be watching for a Homestake Nordic Adventure coming in March....



Live Inspired

Club Hours:

Mon-Thurs 6:00 am-8:00 pm

Friday 6:00 am-7:00 pm

Saturday 8:00 am-2:00 pm

Sunday 10:00 am-2:00 pm

Do we have your email? Please update your contact info at the front desk