

WINTER PROGRAMS *Available to the Bozeman community. Call for more information*

It's time to Ski!!

Ready to try Nordic skiing, but don't know how to get started? We'd love to help! Check out the following December opportunities...

Nordic Nooners

We're back for another winter of Noon-ers! Join Sandy Knapp and Seth Alt on Wednesdays and Fridays in Lindley Park for an hour of skiing instruction and fun. This year we will be offering Nordic Noon-ers on a punch card system for easy access to any class you wish. Come to every session, just classic formats, just skating formats, or whenever you can. Stop by the front desk SOON (classes start Dec. 16th) and let us know your interest, your skiing experience, and your equipment choices, to help us fine tune our offerings.

Nordic Equipment Clinic

Doug McSpadden from The Nordic Ski Source will be giving a clinic to all those interested on Friday Dec. 18th from 12 noon - 1pm at the Club. He'll fill us in on equipment, clothing, wax or no-wax, just about anything you need to know to get started. Make winter your's with a great sport that not only keeps you fit, but is great fun to boot! Contact the front desk to reserve your spot.

Holiday Hoopla Class Schedule

Check it out, try something new, and have a little fun. All classes are complimentary!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 Zumba 12:00-1:00 Cycle/Strength 4:30-5:30 Prenatal Yoga 5:30- 6:30 Yoga to Rescue	6:15am- 7:15 Cycle Strength 8:30am- 9:15 Fit from Within 9:30am- 10:15 Cycling 4:30pm- 5:15 Cycling 5:30pm- 6:45 Functional Fitness	8:45am- 9:15 Cycling 9:30am- 10:30 Yoga 12:00-1:00 Cycle/Strength 5:30 - 6:30 Cardio / Strength 	CHRISTMAS EVE (Open 7:00am - Noon) 9:00am- 9:45 Candlelight Cycling <i>Celebrate the season with this magical class!</i> 	CHRISTMAS DAY  CLOSED	8:30am- 9:30 Cycling 9:30am- 10:15 Fit from Within 
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 Zumba 12:00-1:00 Cycle/Strength 4:30-5:30 Prenatal Yoga 5:30- 6:30 Yoga to Rescue	6:15am- 7:15 Cycle Strength 8:30am- 9:15 Fit from Within 9:30am- 10:15 Cycling 4:30pm- 5:30 Cycling 5:30pm- 6:45 Functional Fitness	8:45am- 9:15 Cycling 9:30am- 10:30 Yoga 12:00-1:00 Cycle/Strength 5:30 - 6:30 Cardio / Strength 	NEW YEAR'S EVE! (Open 7:00am - noon) 9:00am- 10:00 Pre-party Zumba Class 	HAPPY NEW YEAR!  CLOSED	8:30am- 9:30 Cycling 9:30am- 10:15 Fit from Within 



Check out our 5th anniversary membership specials through December for your friends and family. Make it their Club too!

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

Live Inspired

