

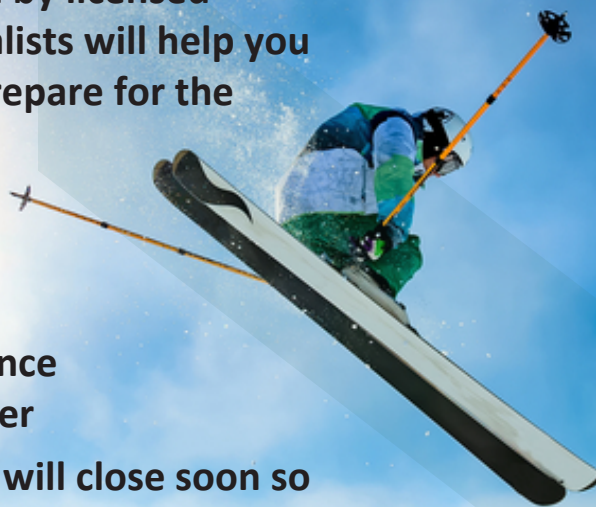
WINTER SPORTS CONDITIONING CLASS

Get ready for winter!

This 7-Week Conditioning Program led by licensed physical therapists and exercise specialists will help you greatly reduce the risk of injury and prepare for the rigors of winter sports by:

- Increasing Strength
- Improving Balance and Stability
- Increasing Overall Endurance
- Giving you Improved Power

Space is limited and class registration will close soon so sign up now. Need more information? Contact Patty Tomlin today at patty.gifford-tomlin@cuanschutz.edu



THURSDAYS
6-7PM

October 6th
October 13th
October 20th
October 27th
November 3rd
November 10th
November 17th

\$175 (full session)
Free Reserved Patient Parking

2150 Stadium Dr. Boulder, CO
80309 Bring your license plate#
to the 2nd floor when you check
in.

Register and pay at:
[https://cusportsp performance.as.me/?
appointmentType=27357378](https://cusportsp performance.as.me/?appointmentType=27357378)

303-315-9900
cusportsmedcenter.com