

FITNESS CLASSES

YOGA and SPIN classes are **FREE** in January!

Come try out one of our various fitness classes during the month of January for FREE! Classes running Jan. 7th-31st in the large and small activity rooms on the second floor of Edgewater's new Civic Center.

For more information about classes / fitness programs coming to Edgewater, please call at 720.763.3011 or visit us at: www.playedgewater.com



YOGA:	Monday, Jan. 7th, 14th, 21st	6:00 p.m. - 7:00 p.m.
	Tuesday, Jan. 8th, 15th, 22nd	6:30 a.m. - 7:30 a.m.
	Wednesday, Jan. 9th, 16th, 23rd	6:00 p.m. - 7:00 p.m.
	Thursday, Jan. 10th and 17th	6:30 a.m. - 7:30 a.m.
	Friday, Jan. 11th and 18th	11:00 a.m. - 12:00 p.m.
SPIN:	Tuesday, Jan. 8th, 15th, 22nd, 29th	6:30 a.m. - 7:15 a.m.
	Thursday, Jan. 10th, 17th, 24th, 31st	6:30 p.m. - 7:15 p.m.