

Group Fitness Classes: NEW Class Schedule & Lower Pricing!

Members: Book your classes online or call up to 14 days in advance

Non-Members: Call to reserve your spot 2 days in advance

303.232.6272

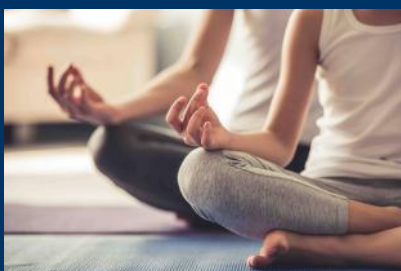


HIIT

Joe's High-Intensity Interval Training (HIIT) class is designed to push your limits with intense bursts of energy followed by strict rest intervals. Improve your endurance, strength, and agility, during this 45-minute, high-powered workout!

Thursday 7pm

*3rd Floor
\$10/member
\$20/non-member*



YOGA FLOW

Courtney will provide 60-minutes of Vinyasa style yoga. The mix of strength-building poses, deep stretching, and moments of stillness will leave you feeling refreshed, centered, and energized.

**Tuesday 7pm
Thursday 7am**

*3rd Floor
\$10/member
\$20/non-member*



PERSONAL TRAINING

Train with Matt in a 60-minute small group session (2-4 people) at set times each week. Each session is customized to meet the needs of participants, ensuring an effective workout every time.

**Monday 5:30pm
Thursday 5:30pm
Saturday 11am**

*Member:
2 people - \$44 each
3 people - \$36 each
4 people - \$28 each*

*Non-member:
\$10 additional per person*

Matt Moskal is available for private personal training sessions (\$80/hour). Whether you're looking to improve your strength, agility, or overall fitness, Matt offers personalized training tailored to your goals. Email info@meadowcreektennis.com to schedule a time.



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MeadowCreekTennis.com