SPRING SPORTS
FITNESS STARTS AT
KIM’S GYM

Womens-Only Mountain Bike Strength/Conditioning
March 3rd, 10th, 17th, and 24th 6pm-7pm
$75 for series 8 person max
Led by Becki Rupp CPT  SIGN UP REQUIRED

50+ Golfing Series to Improve core strength, flexibility, agility and balance
Starts April 7th and runs every Tuesday at 6pm and every Saturday at 10am for six weeks
Cost is $325 for entire series 10 person max
Led by Kim Shaffer MS, ATC, CPT  SIGN UP REQUIRED

In home PERSONAL TRAINING
$65 / session
Be trained by any of Kim’s Gym Professional Staff

In home or in gym PRIVATE YOGA SESSIONS
3 sessions for $108 or 5 for $155
Led by Ellen Messaros

SPECIALTY CLASSES FOR MARCH

March 7th
- Cardio Kickboxing 8:30-9:30am
- African Dance ($18/person) Noon - 1pm

March 14th
- Cardio Step & Stretch 8:30-9:30am
- Gentle Flow & Restorative Yoga ($15/person) 9:30-10:30am

March 21st
- Shakin A Dance Jam 8:30-9:30am

March 28th
- “Strong” 8:30-9:30am

Coming Soon!
- Fitness programming for the Boys and Girls Club
- 6 week strength training series for young girls pre-teen to 16 years

Kim’s Gym
719-207-4547
Two Rivers Commons
144 Old Stage Rd, Salida
getufitsalida.com