


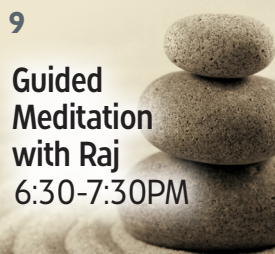

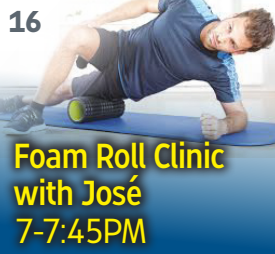


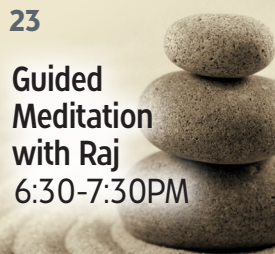




# JANUARY EVENTS

Colorado **Athletic Club** | UNION STATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>UNION'S FITTEST PHYSICAL FITNESS CONTEST</b> JANUARY 1-31</p> <p>Contact Marc Rios at <a href="mailto:mrios@wellbridge.com">mrios@wellbridge.com</a> to get started.</p>		<p><b>1</b> New Year's Day Club Hours 7AM-2PM</p>	<p><b>2</b></p>	<p><b>3</b>  Barbell Club 7-8PM</p>		<p><b>5</b>  Winter Fitness Series at the Downtown Denver Ice Rink YOGA   9AM 5280 H.I.T   10:15AM</p>
	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b>  Heated Pilates Demonstration Every Tuesday 6:30-6:45PM</p>	<p><b>9</b>  Guided Meditation with Raj 6:30-7:30PM</p>	<p><b>10</b></p>	<p><b>11</b></p>
<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b>  Heated Pilates Demonstration Every Tuesday 6:30-6:45PM</p>	<p><b>16</b>  Foil Roll Clinic with José 7-7:45PM</p>	<p><b>17</b>  Barbell Club 7-8PM</p>	<p><b>18</b></p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b>  Member Appreciation Party 5-7PM</p>	<p><b>23</b>  Guided Meditation with Raj 6:30-7:30PM</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b> 1GNIT3 with Laura 9:30-10:30AM 3x10 HIIT Workout Bring a friend for free!</p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b>  Heated Pilates Demonstration Every Tuesday 6:30-6:45PM</p>	<p><b>30</b>  Foil Roll Clinic with José 7-7:45PM</p>	<p><b>31</b> Member Appreciation Breakfast   6-8AM Barbell Club 7PM</p>	<p><b>IGNITE</b> YOUR BEST YEAR! <b>3</b> PERSONAL TRAINING SESSIONS FOR <b>\$99</b> See a personal trainer to get started today!</p>	

For more information about programs and events contact the Hospitality Desk at 303.623.1601.