



BOZEMAN HOT SPRINGS  
spa and fitness



YOUR HOT SPRINGS TRAINER WILL TEACH YOU  
DYNAMIC WARM UP, DRILLS AND PROPER COOL DOWNS.  
YOU WILL RUN OBSTACLE COURSES OUTSIDE THAT WILL CHALLENGE  
YOUR SPEED, STRENGTH AND COORDINATION!  
EVER SESSION WILL END WITH POOL TIME!

# GET FUNDAMENTALS OF SPORT

**FIRST SESSION**  
JUNE 13-JUNE 29  
11:30AM-1:30PM  
**SECOND SESSION**  
JULY 25-AUG 10  
11:30AM-1:30PM  
MONDAYS & WEDNESDAYS  
\$90 FOR MEMBERS / \$110 FOR NON MEMBERS  
AGE 6 THROUGH AGE 9

# ACTIVE