



ELDORA
MOUNTAIN RESORT

SKI & SNOWBOARD CONDITIONING

It's time to get in shape for snow sports season with this special deal for Eldora season pass holders.

- Avoid suffering through quad burn, jello legs, and fatigue
- Build functional leg, upper body, and joint strength
- Each class is tailored to the group age, fitness and skill level
- Enjoy the entire season without suffering the early season injuries
- Attack the mountain like you own it!

Age 14+

Oct 12 - Nov 19*

At the Mapleton Center

**Fee: \$125 (Eldora Season Pass Holders or Y Members)
\$150 (All Others)**

Program includes 2 classes per week:

Wed. 6pm and Sat. 10:30am

Reg. Code: MHW10/12SKICON

*We will offer additional classes based on need.

YMCA of Boulder Valley
www.ymcabv.org

Arapahoe Center
2800 Dagny Way
Lafayette, CO 80026
Ph: 303-664-5455

Mapleton Center
2850 Mapleton Ave.
Boulder, CO 80301
Ph: 303-442-2778

