



**Monday-Friday • 9:30-10:30 a.m.**

**Located on the Track at Captain David Lyon Memorial Park**

**\$45 per monthly pass or \$9 per person/per class (*First class is FREE!*)**

S.L.A.M.-Sweat Like A Mother Colorado Springs is a boot camp style fitness class geared toward women of all stages of life. We offer modifications for all fitness levels. Children are always welcome! We aren't your average fitness class, we are a group of women creating a strong community! We offer monthly night outs and kid playgroups. Come join us! You're first class is always FREE!

*Check with the front desk at the Fitness Center for a specific day's location.  
During winter/bad weather, this class will be located in Gym #2.*



*Please sign in and pay by scanning the QR code or stop by the Fitness Center in person.*