

WINTER CONDITIONING

training for the way down

970/476-7960

VailAthleticClub.com

Oct 3—Oct 27

Oct 31—Nov 24

Nov 28—Dec 22

Mondays/Thursdays

Six-person teams at
7:15 am, 12 pm,
4:30 pm, or 5:45 pm

Four-week session pricing:
\$50 for members
\$200 for guests*

*Guests may join VAC at program
completion with no initiation fee.

In our community, Winter Sports Conditioning is a staple phase of physical training. The VAC offers it with a twist: functional exercises that mimic winter sports

movement mix with balance enhancement, core stability, and explosive development in four-week sessions. Preparing for the winter fun can be hard to commit to. Join us, and we'll make it easier. You choose the time that works for you and commit to a Mon/Thu team workout. We'll run you thru dynamic, kick-ass workouts that are motivating, fun, and include personal attention from your trainer. Track your results via an initial and completion body composition analysis. Get ready to see on-mountain results and look forward to it.