



**Dogma Athletica would like to invite all VBR members to a
complimentary
Live It group Training Fitness class!**

How can to take advantage of this great offer:

- Choose a class that works with your schedule
- RSVP to Bryan at Bryan@dogmaathletica.com with the day and time you wish to attend
- Come to our Live it Training studio 5 minutes prior to class start time Located in the Edwards Riverwalk (34323 US-6 #C-101, Edwards, CO 81632)
- Have fun and get a killer workout!

Available Class Times:

M,W,F- 6am, 9am, 10:30am, 12pm

T,TH- 7:30am

Class Descriptions

- Live It Lean-** proven strategies from years of helping people lean out to their optimal weight. Nothing is more effective for burning body fat and restructuring your physique.
- Live It Strong-** being strong and feeling strong is just a better way to live. It will positively affect all other aspects of your life. This class will make you strong but is not designed to add mass. You will learn the proper techniques to get strong for all the athletics you enjoy.
- Live It Loose-** the optimal combination of yoga, mobility drills, mindfulness, and regeneration practice. You will feel awesome at the end of this class.

Live it lean classes are on Monday and Tuesday
Live it strong classes are on Wednesday and Thursday
Live it Loose classes are on Friday

If you have any questions please contact Bryan@dogmaathletica.com

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