

Important Changes to Standup Paddleboard Programs

Beginning Monday, February 3rd, SUP Yoga will be moving to Monday nights at 7:00pm.

SUP Yoga will now take place every Monday, so there is no longer a need to keep track of an alternating schedule. There will no longer be SUP Yoga on Thursday nights.

Thursday, January 23rd was the final CardioWave SUP Fitness Class as our prior instructor moved. If you or anyone you know are interested in instructing this class in the future, please contact MRD Fitness Leader John Wagner (John@montroserec.com)

Come test your balance, stability, and core strength with these GlideFit Paddleboard based yoga classes.

GlideFit board reservations are strongly recommended for all SUP Yoga Classes and they are the only way to guarantee your spot in class. MRD has 11 boards available, so make sure to place your reservation before the class is full.

Boards can be reserved in 2 different ways *after 6am on the day of class*

1) A reservation can be placed by calling the CRC front desk (970) 249-7705 and asking staff to reserve a board for you.

2) You can place a reservation online by visiting <http://montroserec.com/634/Stand-Up-Paddle-Board-SUP> (register an account and place a reservation)

Any reservation not claimed by the start of class will be voided and the board will be available for drop-in use

March Women's Self-Defense Class Begins Monday March 2nd

In this class, women have the opportunity to learn ways to defend themselves in different situations. Class covers techniques ranging from wrist grabs to ground defense. The goal of this class is to help women feel more prepared for the unimaginable and to become stronger mentally and physically. Class will take place on Mondays in March from 7:00pm – 8:00pm in the CRC Fit Zone Room. Class is \$30 for all 5 sessions. Registration closes on Monday 3/2 at noon and is limited to the first 15 participants. Registration is required, no drop-ins will be accepted. Female participants ages 14+ are welcome to register and prior experience with self-defense or martial arts is not required. Register at the CRC or online using Activity Number 1202060. Instructor Kailey Rivenburgh holds a 2nd degree black belt in KiMudo. Participants under the age of 18 will need a parent/guardian to sign a participation waiver before class begins.

2019 Participant Testimonials

"Highly recommend to any female to learn ways to be more aware and safe"

"I now feel more aware, safe, prepared & confident should I ever be attacked. I have tools to fight back!"

Registered Dietitian Hannah Freese's How to Turn Back the Clock on Your Metabolism: Free Seminar

Is natural and sustainable weight loss possible for women over 40? Even after years of past diets and failed attempts to keep it off? Yes! Yes it is! And it's easier than you think! Join Hannah Freese, Registered Dietitian, online weight loss coach, and founder of The Freese Method for a free 45-minute seminar to discover how you can turn back the clock on your metabolism in a natural and healthy way without counting calories or giving up everything you love about food! This seminar will explore why traditional diets are typically ineffective for women over 40 and why they could actually do more harm than good. Hannah will also cover what to do instead.

Hint: it's not exercise more! You'll come away from the seminar with the newest discoveries in weight management, clarity on what your next step should be, and a bonus 3-day meal plan with 12 easy and delicious recipes to help you start turning back the clock on your metabolism the minute you leave the room! The next seminar is on Wednesday, February 26th from noon – 1:00pm. Classes meet in the CRC Party Rooms.

The Freese Method {Live and Local} Weight Loss Workshop

Calling all women over 40 who want to lose their stubborn and unhealthy body fat so that they can say “yes!” to the best things in life and never feel held back by their weight. Join Registered Dietitian Hannah Freese, online weight loss coach, and founder of The Freese Method, for an eye-opening 4-week weight loss workshop that will teach you what to eat, what not to eat, and when to eat so that you can harness the natural power of your fat-burning hormones to effortlessly burn your unwanted body fat. Using real food and no gimmicks, you'll discover a sustainable and enjoyable way to lose weight without giving up wine, cheese, dining out on Saturday night or ever counting a calorie. You'll come away from the workshop with less body fat, two 7-day meal plans with over 33 delicious recipes, a life-long community of support and encouragement, and most of all, fresh hope that you will meet your weight and health goals with confidence! Registration is \$265 per person for all 4 sessions. Sessions are: Wednesdays March 4th, 11th, 18th and 25th from noon – 1:00pm. Classes meet in the CRC Party Rooms. Be sure to register early as space is limited to 10 participants.