

REFRESH 2023 FITROSE

» *Aspen Alps Fitness Center*

WORKOUT PROGRAMS

Private Training

Cardiovascular conditioning.

Pilates

Pilates based exercises in the gym & on the mat /Pilates Chair

Sessions available in singles or packages

Functional Training

Create Balanced strength, Flexibility and improve muscular response with weights, tubes, bands and balls

Call Rosey
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FITROSE