



## Boulder Nutrition & Exercise Services

2885 Aurora Ave suite 31 Boulder, CO, 80303 phone: (303) 440-1015 fax: (303) 440-8990  
[www.bouldernutritionexercise.com](http://www.bouldernutritionexercise.com)

### **NEW Group Class Offerings**

**Great training opportunities at an affordable group price!**

#### **Group Strength & Cardio Conditioning Bootcamp**

**Wednesdays 8:30-9:15am**

Join a fun and supportive group for this full body workout including cardiovascular conditioning drills and muscular strength exercises along with core muscle and flexibility training. This is your one-stop shop to get a little bit of everything in one workout.

#### **Yoga Conditioning**

**Wednesdays 12:15-1:00pm**

Build lean muscle, strength, and flexibility in this time saving yoga conditioning class. Great for your whole body and mind, this enjoyable workout will give you fast results for a leaner, stronger body and a balanced mind.

***Get started on a healthy new you today:***

Classes run in 4-week sessions for \$50. Sign up for April and May sessions today by emailing [info@bouldernutritionexercise.com](mailto:info@bouldernutritionexercise.com) or leave a voicemail at 303-440-1015. Please provide your first and last name, email address, and phone number. Prepay by credit, debit, or check made out to BNES to reserve your spot in class.

*Instructor Michelle DuVernay is a certified personal trainer and group exercise and yoga instructor with a degree in exercise science. She brings a fun, effective and scientifically based approach to her classes from her 15 years of experience. Private sessions are also available.*