



# LUNCH

# +

# LEARN

**12:00 pm to 1:00 pm**  
**@ Mt. Evans Room**

Wed 9/2  
Assessing your fitness

Tue 10/27  
Choosing the right workout

Tue 9/15  
Jump start your training

Thr 11/12  
Stress less: Managing stress

Thr 10/14  
Fitness for slackers

Wed 12/2  
Mindful holidays: All in balance