

FEBRUARY-MARCH PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 - 2:00 PM THE SESSIONS Justen S.				1:00 - 2:00 PM BELAY CLASS
4:00 - 5:30 PM CLUB CLIMBING Team Practice					
4:00 - 6:00 PM CLIMBING Team Practice	4:00 - 6:00 PM YOUTH CLIMBING Team Practice		4:00 - 6:00 PM CLIMBING Team Practice	4:00 - 6:00 PM YOUTH CLIMBING Team Practice	
4:00 - 6:00 PM R.A.M.P. (1 hour class) Heath C.	4:00 - 6:00 PM R.A.M.P. (1 hour class) Heath C.	4:00 - 6:00 PM R.A.M.P. (1 hour class) Heath C.	4:00 - 6:00 PM R.A.M.P. (1 hour class) Heath C.		
4:00 - 8:00 PM Athletik Spesifik (1 hour class) Dave W.	4:00 - 7:00 PM Athletik Spesifik (1 hour class) Dave W.	5:00 - 8:00 PM BELAY CLASS (1 hour class)	5:00 - 8:00 PM BELAY CLASS (1 hour class)		
5:00 - 8:00 PM BELAY CLASS (1 hour class)	5:00 - 8:00 PM BELAY CLASS (1 hour class)	6:30 - 8:30 PM MOVEMENT 101		6:30 - 8:30 PM LEAD CLASS	
6:30 - 8:30 PM INTRO TO MOVEMENT		6:30 - 8:30 PM THE SESSIONS Justen S.			

CLIMBING (add'l cost)

FITNESS (add'l cost)

All classes listed on this side are additional cost. Please see the front desk, call (303.443.1505) or email us (info@movementboulder.com) if you have more questions or would like to sign up.

For all climbing classes, please see the additional descriptive sheet for information and pricing.

R.A.M.P.

R.A.M.P is a multi-faceted program that will equip your young athlete (or soon-to-be-athlete) with the best possible techniques, skills and movements to propel their sporting activities to the next level while arming them with the tools to help prevent injury – all with a fun straightforward approach.

Cost: \$195 per month, per athlete – includes 2 days per week of instruction and full membership to Movement.

ATHLETIK SPESIFIK Athletik Spesifik offers two general types of training:

Climbing Specific: Training including the Systems Wall, Campus Board, Dartfish video analysis and general pulling movement. This program develops the neuromuscular patterns unique to climbing and skill acquisition.

General Conditioning: Circuit-based training that emphasizes metabolic conditioning, strengthening antagonistic musculature, learning proper weight lifting techniques, developing torso stabilization, optimizing pulling strength in a fun group environment.

Cost for members:

\$120/month for one day/week,
\$170/month for two days/week,
\$210/month for three days/week.