

FLEXREC

NOW OPEN

RIBBON CUTTING!

**CELEBRATE WITH US
MARCH 16**



FUNCTIONAL FITNESS



CLASSES

We have several class offerings during the week including: Daily Functional Group Workouts, HIIT Yoga, & Flow Yoga.



THE RIG

Get your flex on working out on the Rig! Stations include a wide variety of exercises aimed at helping you reach your training goals.



LOCATION

Located on the North end of Montrose, right next to the Uncompahgre River and the connect trail in the Colorado Outdoors Complex.



MARCH 16, 4:00-7:00 PM
FREE FOOD, FACILITY TOURS AND MORE

1309 Mayfly Drive
(970)497-8590
www.montroserec.com