



An Award Winning Center!

Rocky Mountain News People's Choice
"Best Athletic Club"

Colorado Community Newspapers
"Best Workout Facility"
"Best Weight Loss"
"Best Massage"

Denver 7 A-List Top 5
"Best Pilates Studio"
"Best Gym"



Our Goal – Your Success!

Mountain Fitness Training Center has won several awards of excellence for:

- Cutting edge programs
- The latest equipment
- Extensive personal fitness testing
- A wide variety of classes
- We are known as the "coolest club" and the "locals" place to be

We hire only elite certified trainers/instructors focusing on:

- Your personal goals
- Total body wellness with massage, yoga, and pilates
- Sport specific training
- Unique weight loss programs
- Making you a member of "Our Family"

Coaching your mind and training your body!



Mountain

FITNESS
training center



Mountain Fitness Training Center

Join the Movement!

www.MFTrainingCenter.com

303-996-4060

2690 E. County Line Road – Unit A
Littleton/Highlands Ranch, CO 80126
University & County Line Road – Above Bike Source
303-996-4060
info@MFTrainingCenter.com



Business Hours

Monday	7:00am to 8:00pm
Tuesday	7:00am to 8:00pm
Wednesday	5:30am-8:00pm
Thursday	7:00am to 8:00pm
Friday	5:30am-8:00pm
Saturday	8:00am-12:00pm
Sunday	8:00am to 12:00pm

Weather related closures follow Douglas County closures. Please see website for Holiday Hours.

Please note hours are subject to change without notice.



Call the Club at
303-996-4060
for questions
concerning hours
of operations.

Services, Membership & More!

Choose your path to success with the best professionals in the business!

Membership and Drop-In

- No sign up fees
- 10 day money back satisfaction guarantee on all contracts
- Drop-In with a punch card or per use fee without a contract!

Personal Training

- Certified – Experienced – Knowledgeable
- Train with the best!

A Wide Variety of Classes

- Circuit
- Boot Camp
- Weight Loss
- Cycling

Athletic Performance Training

- Experienced, knowledgeable, and motivating trainers for adults and youth
- Individual and team rates available

Wellness for the Body and Mind

- Massage
- Muscle Activation Therapy
- Nutritional Counseling
- Wellness Coaching

Yoga and Pilates

- Classes included in membership
- Private instruction also available

The Biggest Winner Challenge

www.thebiggestwinnerchallenge.com

- A Weight Loss Specific Support Community
- Metabolic Typing and Testing
- Nutrition Education
- Lifestyle and Weight Management Consultation
- Fun Team Approach
- Family Participation Encouraged



Membership Information

Unlimited Gym and Classes*

Single – \$55.00 Double – \$85.00

Gym Use Only*

Single – \$35.00 Double – \$55.00

Unlimited Yearly Rate**

Single – \$500.00 Double – \$850.00

Seasonal Rates November thru March+

Single – \$265.00 Double – \$400.00

All memberships include the first week free and a 10-day money back guarantee. No start up fees.

*Monthly open-ended contract rates.

**Term contract rates.

+Discounted Seasonal Rates contract is Nov thru Mar only.

Membership Freeze

Any time you will not be using your membership for more than 30 days (travel, injury, seasonal activity, etc.) you may freeze your contract for up to 4 months for a \$5/month fee.

Drop In Rates

Facility Use or Class Attendance

One Time Drop-In

Adult (18+) – \$12.00

Youth (17 & under) – \$8.00

Prime Time Adult (60+) – \$8.00

10 Visit Punch Card

Adult (18+) – \$100.00

Youth (17 & under) – \$70.00

Prime Time Adult (60+) – \$70.00