

SOURCE

ENDURANCE

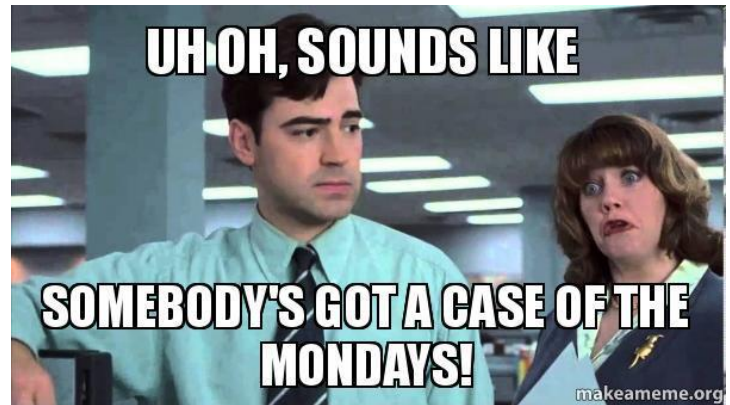
TRAINING CENTER of the ROCKIES



Recovery Mondays

Bringing new meaning to having a “Case of the Mondays.”

Come alone to treat yo’ self after a hard week of training or shoot the sh*t with your friends or your rivals. Kick off with recovery-focused yoga to stay mobile and flexible, then stick Around afterwards to use the additional recovery tools from Empower Performance Therapy and re-live the weekend’s race over a cup of toddy or BYOB. We have all you need to recover well:



- Recovery Yoga 5:30pm with our Yoga Alliance RYT200 teacher.
- Recovery tools from [Empower Performance Therapy](#): Elevated Legs compression boots, foam rollers, and lacrosse balls.
- Soft tissue work with Empower Performance Therapy extra.
- Use of Kickr trainers if you need to spin out the cobwebs.
- Watch recorded race videos or chat tactics with your friends or frenemies.

Yoga, Kickrs, Recovery tools and social hour FREE for July, starting July 10th. 5:30-8:30pm. Regular: \$20 or 1 punch on your punch pass. [Additional recovery services](#) from Empower Performance Therapy extra.