

**JOIN US!**  
OPEN TO ALL FITNESS LEVELS



ANTHOLOGY  
SENIOR LIVING

# POP-UP FITNESS BOOTCAMP PLUS GRAB & GO MEAL

Local fitness trainer \_\_\_\_\_ from \_\_\_\_\_ will be instructing a pop-up fitness class and providing you with healthy ways to refuel your body after exercise. A **Healthy Grab & Go Meal** will be available to take home directly after class.

**Join Us!**

January 15th / 6-7 PM

**Anthology Senior Living**

2401 E 2nd Avenue  
Denver, CO 80206

**REGISTER TODAY!**

For **MORE INFORMATION** or to **REGISTER**  
**CALL:** 720-805-0411 **EMAIL:** [info@anthologyseniorliving.com](mailto:info@anthologyseniorliving.com)

[AnthologySeniorLiving.com](http://AnthologySeniorLiving.com)  