FALL 2019

GT 45

INDIVIDUAL ATTENTION – GROUP MOTIVATION

GROUP TRAINING IN 45 MINUTES

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	6:30 - 7:15 AM The Loft		6:30 - 7:15 AM The Loft		
Afternoon		12:00 - 12:45 PM The Loft		12:00 - 12:45 PM The Loft	12:00 - 12:45 PM The Loft
Evening	5:30 - 6:15 PM The Loft		5:30 - 6:15 PM The Loft	4:30 - 5:15 PM The Loft	

FREE SESSIONS: AUGUST 19 – AUGUST 30

Reserve a spot ahead of time
(not required, but preferred)

How to:

1) Visit mywellness.ucdenver.edu
2) Log in using your credentials
3) Select "Programs" from the top left corner
4) Select “GT45” from the list of programs
4) Select the date & time you want
5) Register

ucdenver.edu/wellness

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