



FIT-FRIDAY + SMALL BUSINESS SATURDAY

AND BEYOND!

Deals and fun all weekend long!



GIVE THE GIFT OF HEALTH TO
YOUR LOVED ONES THIS YEAR!

11/25/22 - 11/28/22

ONLINE ALL WEEKEND:



FREE SWAG!

All weekend, receive a complimentary limited edition t-shirt, featuring our brand new logo, with any gift card purchase over \$100! Give the gift of health and look cool doing it!

IN HOUSE EVENT:

- **Small Business Saturday:**
 - **Saturday, November 26th**
 - **10am - 2pm**
- Support our small business!
- Gift card swag-give-away continues!

PLUS...

FREE WORKSHOPS!

- 10am: Functional Health
- 11am: Squats & Deadlifts Basics
- 12pm: Core & Balance 101
- 1pm: Shoulder Mobility

