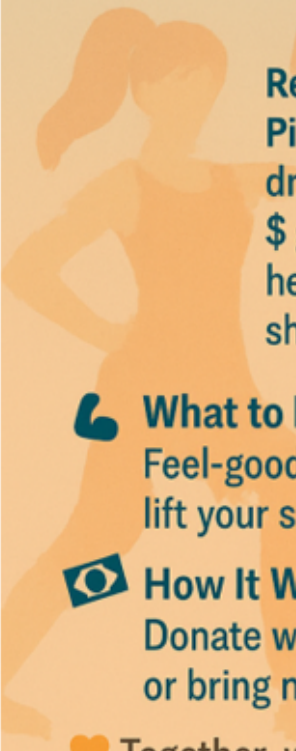




♥ SWEAT TO SUPPORT COMMUNITY CLASSES FOR A CAUSE

Saturday, November 15 • 8 AM – 2 PM

A faint, orange silhouette of a woman in a yoga pose, specifically a standing balance pose with one leg raised and arms extended, is visible in the background on the left side of the text.

Join our special lineup of
**Reformer + Group Training, Circuit
Pilates-Bounce (Trampoline)** - where every
drop of sweat makes a difference every
\$ goes directly to San Diego Food Bank to
help families affected by the federal
shutdown and SNAP benefit pause.



What to Expect:

Feel-good classes that move your body,
lift your spirit, and help your community.



How It Works:

Donate what you can - \$10, \$20, \$50
or bring non-perishable food.



Together, we can turn movement into meals.

1460 7th Ave, San Diego, CA