

JOIN US FOR A
CHAMBER MIXER
HOSTED BY

FORMULA³
FITNESS

WEDNESDAY, FEBRUARY 19 | 5:30-7:00PM

Participate in one of Formula3's most popular fitness classes, enjoy food from Sideboard and mingle with other members of the Lafayette Chamber.

FIRE HIIT
FLOW YOGA
FIRE HIIT

5:15-6:15PM
5:30-6:30PM
6:30-7:30PM

If you're interested in trying a class, call (925) 269-4061 to reserve your space. All abilities and fitness levels are welcome!

A special thank you to Chairs for Affairs for providing the rentals for this event!



Located in La Fiesta Square: 983 Moraga Road, Lafayette, CA 94549 | formula3fit.com