

PROJECT RISE FITNESS

FEBRUARY



EVENTS



WINE & WOD

A WORKOUT WITH WINE TO FOLLOW!

WED 22 | 6:30PM | DENVER

GET A RAFFLE TICKET FOR EACH FRIEND YOU
BRING

WIN A 1-MONTH MEMBERSHIP & OTHER PRIZES

SWEAT EQUITY COMPETITION

HOW MANY CALORIES CAN YOU BURN?

INFO SESSION

TUES 21 | 5:30PM | DENVER

CHALLENGE

MON FEB 27 - MON MARCH 20
COMPETE ON TEAMS OF 3-4

CURRENT MEMBERS \$79
INCLUDES HEART RATE MONITOR

NEW MEMBERS \$99
INCLUDES 1 MONTH MEMBERSHIP
& HEART RATE MONITOR

2115 S Birch St

www.projectrisefitness.com



FOLLOW US!

LONG TERM HEALTH IS OUR MISSION