



**American Red Cross**

Join Horizon Personal Training Centers as we

# Sweat for a Cause

A relief effort in support of families impacted by Hurricane Harvey

**SAT. SEPT 16<sup>TH</sup> 9am-12pm**

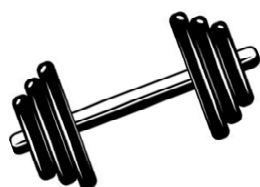
**PERSONAL TRAINING | CHALLENGES | PRIZES  
GROUP TRAINING | RAFFLES | FUN!**



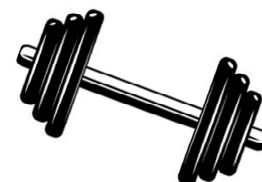
<b>Group Training</b>	
\$15 donation ATTEND ONE OR ALL 20 MINUTE SESSIONS!	
<b>Bootcamp</b>	9:00am-9:20am
<b>Core</b>	9:25am-9:45am
<b>Strength</b>	9:50am-10:10am
<b>Zumba!</b>	10:15am-10:35am
<b>Kickboxing</b>	10:40am-11:00am
<b>Yoga!</b>	11:05am-11:25am
<b>RAFFLES!</b>	11:35am



<b>1 on 1 Personal Training</b>	
INDIVIDUAL TIME WITH A CERTIFIED PERSONAL TRAINER!	
<b>1/2 Hour</b>	<b>\$25</b> donation
<b>1 Full Hour</b>	<b>\$50</b> donation
<b>1 Hour Partner</b>	<b>\$65</b> donation



<b>Sit Up/Push Up/Burpee Challenges</b>	
\$5 donation per challenge or \$10 for all 3! COMPETE IN 1 OR ALL 3 CHALLENGES! Held at any time during event!	
<b>Winners Receive</b>	<b>Horizon T-Shirt</b> <b>10 Raffle Tickets</b> <b>2 Weeks Semi-Private Training</b> <b>1 Personal Training Session</b>



**ALL Proceeds will be donated to the American Red Cross Hurricane Harvey Disaster Relief Fund  
Horizon Personal Training Centers | 1701 Highland Avenue, Cheshire CT | 860-628-7776**