



Dear Squad friends,

Thank you for registering for our first fitness fundraiser! We can't wait to see you tomorrow. Check-in begins at 1:50 pm at Northwest Sport&Health (4001 Brandywine St NW).

If you've registered but have not yet purchased your ticket, please do so [here](#). Please note that PayPal's payment screen can be confusing--you do NOT need a PayPal account to pay; you can use any major credit card.

There is still time for friends, partners, and family to register! Please help us spread the word; you can forward/post this link to the event page:

www.urbanadventuresquad.org/mar-17-fundraiser

The juicy details: Dress comfortably for 90 minutes of exercise with a short break. As we tell our Squad Members, don't be nervous! This is for all fitness levels, and we're here to support each other. Please bring a refillable water bottle. We'll have tasty snacks so you can eat like a Squad Member.

For the first 45 minutes, we'll pli , tuck, squeeze, flex, burn, sweat, and smile during BarreOne. BarreOne focuses on strength, flexibility, and balance while using a ballet aesthetic. **Please be prepared to be barefoot for this class. It is not safe to wear socks for this format unless they're Barre socks with grippers on the bottom. BUT,** if your physician says you should always wear sneakers to exercise, please follow your physician's instructions.

After BarreOne, we'll take a quick restroom break and put on socks and sneakers for the second 45 minutes of exercise--a crazy dance party, people! We'll alternate between two dance formats that include hip hop, latin, and world music as well as some boxing moves: BANG! Power Dance and Zumba.

Other than footwear, the dress code is come as you wish! We look forward to seeing the wearin' of the green, some tube socks, some headbands--whatever makes you smile.

See you Saturday, Squad friends!