

# WARRIORS FOR KNIGHTS SWEAT-STRETCH-GIVE



[www.knightsofheroes.org](http://www.knightsofheroes.org)



Athletic Yoga™

[www.flexiblewarrior.com](http://www.flexiblewarrior.com)

Leading up to the Thanksgiving Holiday, these charity classes will benefit the **Knights of Heroes**, in gratitude and remembrance for the heroes who have died serving our great nation and their children.  
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Charity Yoga, Spinning & Cross Train classes to benefit the **Knights of Heroes**. 100% of your donation goes to the Knights of Heroes, whose mission is to empower children who have lost their father's during military service. \$15 donation per class.

## WHEN & WHERE:

### Friday, Nov 11th 9:30am

Purple Friday Athletic Yoga Cross Train at Performfit Sparks  
[www.performfit.com](http://www.performfit.com)

### Saturday, Nov 12th 8:30am

Athletic Yoga for Off-Season Runners at Charm City Run (very limited space)  
[www.charmcityrun.com](http://www.charmcityrun.com)

### Thursday, Nov 17th 9:45am

Flexibility for Warriors at Performfit Towson  
[www.performfit.com](http://www.performfit.com)

### Wednesday, Nov 23rd 9:30am

Yoga for Gratitude at Simpy Yoga MD  
[www.simplyyogamd.com](http://www.simplyyogamd.com)

### Sunday, Dec 4th 10 - 11:30am

Spin & Yoga Stretch at In Sync  
[www.insynccyling.com](http://www.insynccyling.com)

## BRING YOUR OWN MAT! LIMITED SPACE!

## REGISTER:

Email [karen@flexiblewarrior.com](mailto:karen@flexiblewarrior.com)

*Book a private Stretch & Mash or Yoga session the week of Nov 7-11 and 100% goes to the charity! \$100 per session.*

