

FREE TO NOTRE DAME FACULTY, STAFF & STUDENTS

Workout for Water

LES MILLS

unicef

THURSDAY
SEPTEMBER 19

DOWNTOWN
SOUTH BEND
on the Colfax Bridge



7-10 PM

Live! 30-minute Les Mills Classes:

GRIT™ Cardio • BodyFlow™
(HIIT style) (Yoga Style)

All Ages & Skill Levels Welcome!

LIVE DJ // FITNESS DEMOS
BEER OASIS // FOOD TRUCKS
GLOW // RIVER LIGHTS

\$10 Minimum Suggested Donation
Proceeds benefit UNICEF's Clean Drinking Water Initiative



SBWORKOUT.ORG

f WORKOUT FOR WATER SOUTH BEND