

1ST ANNUAL

SACRAMENTO WORK OUT FESTIVAL

PRIZES INCLUDE:
gift certificates
\$ money
heart rate monitors
and much more!

Fear the Fire

a charity event to benefit:



CAPITAL CITY FITNESS

1146 FULTON AVENUE / SACRAMENTO, CA

Saturday
October 22, 2016

8 AM - 8 PM

workouts & contests begin on the
hour and are 30 - 45 minutes long

ONE WORKOUT

\$25 DONATION

1 workout
drink tickets
raffle ticket

TWO WORKOUTS

OR ONE CONTEST

\$50 DONATION

2 workouts
or 1 contest
drink tickets
raffle ticket
tote bag

FULE & FIRE

ALL DAY LONG

\$100 DONATION

unlimited workouts & contests
unlimited food & drink
raffle ticket
tote bag with swag
commemorative t-shirt
1 hour physical rehab for lane edwards

a workout festival that includes contests & activities,
music, food, drinks and fun for the entire family!

WORKOUTS:

indoor cycling with themes
crossfit
zumba
barre
pilates
adaptive
regatta erg rowing
yoga & acro yoga

GAMES:

cupcake eating contest
candle blow-out contest
other party activities

CONTESTS:

indoor cycling for \$
crossfit throw down
triathlon row/ride/run
regatta erg rowing
zumba step

ACTIVITIES:

barbecue
live music
cupcakes
beer & wine tasting
bounce house
kids activities

Get more info about lane edwards', his life changing injury,
his recovery mission and his charity at lovinglane.org.
For more event details call HeartZones at (916) 481-7283.



REGISTER AT LOVINGLANE.ORG (WORKOUTS THE DAY OF ARE LIMITED TO SPACE AVAILABLE)