

BURN30
PERSONAL FITNESS

Zeroday
Brewing Co.

[BURN30.NET](https://burn30.net)



GET READY TO
HYDRATE
PILATES YOGA FUSION



Zeroday Beer

One free draft per class, courtesy of Zeroday Brewing!



Class Led By Burn30

A 45-minute, low impact workout focusing on strength and stretching, taught by Allison Galbreath of Burn30.

10:30 AM

**Next Class
This Saturday
Nov 11**

ONLY

\$12 / class

* Please bring your own mat



Register Today!

SIGN UP NOW WITH QR CODE ABOVE OR AT:
[BURN30.NET/BOOK-A-SESSION](https://burn30.net/book-a-session)