



DONATE AND WORKOUT FOR A CAUSE AT F45 TRAINING!

★ WHAT CAUSE?

Human Trafficking. It is the fastest growing crime in the United States. With the rise of trafficking the need for safe shelter and healing is also on the rise. F45 North Mission Viejo is proud to partner along side Second Impressions in providing items for these girls as they get rescued off the streets and have the opportunity to have a second chance.

★ WHAT CAN I DONATE?

Entrance to the workout is a teddy bear (new, small to medium sized) or a journal. A \$5 donation is welcome in place of these items as well.

★ WHEN IS THE EVENT?

Sunday December 16th, 9:00am. Carrie Goff and Brandon Summers (Carrie is a member at our studio and Carrie and Brandon both co-own Second Impressions) will be present to speak about the cause and why these items are so important for the women who get rescued. Workout begins at 9:30am and is 45 minutes long.

To attend, please download the F45 Training app and reserve your spot. This class is anticipated to reach maximum capacity and we would regret to turn anyone away.

For additional information or questions please contact Francesca Grazzi (studio manager/head trainer) at francesca.F45Training@gmail.com or by text at 949-842-7939.

See you in the studio,

-The team at F45 Training North Mission Viejo

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TEAM TRAINING ★ LIFE CHANGING