

VIRTUAL BARRY'S BODYWEIGHT YPG FUNDRAISER



Barry's is the global destination to get the best workout of your life. We are dedicated to changing lives worldwide through our workouts and community.

- ◆ Open to anyone!
- ◆ **No equipment needed!** Towel and mat recommended, if available. And water! The class will be a 35 minute bodyweight only class. Think high intensity interval training (strength + cardio total body).
- ◆ We encourage you to **login at 10:55 am CT** (5 min early) so you have plenty of time to get your space all set up.
- ◆ The workout is best viewed on a laptop or desktop computer.
- ◆ Pro tip: You will receive a confirmation email once booked into class. If you are new to Barry's, **please create an account online at www.barrys.com**. Barry's will send an email day of 20 minutes prior to the workout sharing Zoom + class information.

BARRY'S

» SATURDAY, AUGUST 29TH

- ◆ Time: 11:00 am CT
- ◆ Cost: \$20
- ◆ Registration and payment available at www.crime-stoppers.org
- ◆ 100% of proceeds benefit Crime Stoppers

» INSTRUCTOR: BOBBY G.

