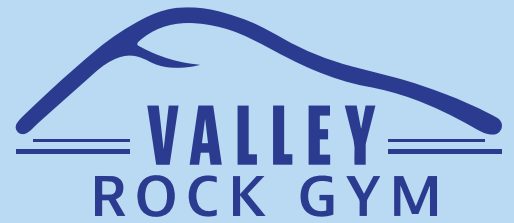


# OCTOBER

## YOGA & FITNESS CHALLENGE



Take 18+ classes in the month of October and get entered into a raffle to win prizes! Prizes include:

- **1 month free membership**
- **10 punch card**
- **5 punch card**

Extra classes will be added to the schedule during the month of October. To participate, there will be a sign-up sheet in the yoga studio to stamp and keep track of each class you attend from October 1st to 31st.

A day pass, punch card usage, or membership at VRG gets you access to the whole gym for a day including climbing, training areas, **and yoga and fitness classes.**

For more information on rates, day passes, and memberships, visit [valleyrockgym.com/rates](https://valleyrockgym.com/rates)

**See our full class schedule and  
sign up for a membership online!**

[valleyrockgym.com/class-schedule](https://valleyrockgym.com/class-schedule)

