

BOOT CAMP



The **Fight For Air Boot Camp** is a fundraising opportunity to physically and mentally prepare yourself to take on all 30 floors of the Accenture Tower on February 25th! This 6-week training program, January 7th through February 11th, is led by Santé Fitness certified trainer, Lisa Van Ahn, and runs from 7:00-8:00 am Saturday morning at the Santé Fitness studios in South Minneapolis. This 45-minute workout, tailored to your fitness ability, also includes nutritional information and at-home training tips. The **Fight For Air Boot Campers** have the exclusive opportunity to participate in an 18-story trainer-led climb at Accenture Tower on February 4th. Each participant receives a one-of-a-kind Fight For Air Climber In Training t-shirt.

In order to participate in the **2012 Fight For Air Boot Camp**, climbers must commit to raising \$500 by January 7th and all funds must be turned in on or before the Fight For Air Stair Climb on Saturday, February 25, 2012.

For more info

FightForAirClimb.org

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2012 FIGHT
FOR AIR CLIMB

accenture tower • minneapolis, minnesota

Santé Fitness
Transformational Training

AMERICAN LUNG ASSOCIATION
IN MINNESOTA

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