

2012 FIGHT FOR AIR CLIMB

u.s. bank center • milwaukee, wisconsin



March 17, 2012

AMERICAN LUNG ASSOCIATION.
IN WISCONSIN



redefining fitness

Climbing 101 with BrewCity CrossFit

Whether the Fight for Air Climb on March 17 at the U.S. Bank Building is your first stairclimb or you're climbing again to set a new personal record, Fight for Air Climbing 101 will help you reach your goals.

During Climbing 101, BrewCity Crossfit will provide an instructor led workout. Regardless of your fitness level, they will help train your body to help make everyday activities, like climbing stairs, easier.

Fight for Air Boot Camps will be held on Saturday mornings from **8am-9am**

To be eligible for Climbing 101 you must individually raise total of:

- \$60 by session 1: February 4th
- \$120 by session 2: February 11th
- \$180 by session 3: February 18th
- \$240 by session 4: February 25th
- \$300 by session 5: March 3rd
- \$350 by session 6: March 10th

To reserve your spot, visit FightForAirClimb.org or contact us at 262.703.4200 or events@lungwi.org

BrewCity CrossFit
408 West Florida St. Milwaukee, WI 53204