



**Thank you for buying a ticket for May, 2023 Wags, Wine & Workouts.**

**All proceeds from Wags go to High Country Humane Association,  
Coconino Humane Association and Tuba City Humane Association.**

### **IMPORTANT INSTRUCTIONS**

- **May 7: Kickoff Party: Introducing The Box**

**Join our special workout, presented by local coaches Cierra and Sierra.**

Get your sweat on outdoors with Cierra and Sierra, who are introducing  
Flagstaff's newest fitness studio "The Box".

**Sunday May 7, 11 AM,**

**OENO PARKING LOT**

**[CLICK HERE TO REGISTER – ONLY 40 SPOTS!](#)**

- **YOGA6 FLAGSTAFF**

**Register for one free class of your choice.**

**[CLICK HERE TO REGISTER AT YOGA6](#)**

- **MOMENTUM AERIAL**

**Momentum Aerial offers special “WAGS” introductory classes with limited spots.**

May 20<sup>th</sup> 10 AM – Introduction to Trapeze – 14 Spots!

June 17<sup>th</sup> 10 AM – Introduction to Silks – 14 Spots!

July 20<sup>th</sup> 10 AM – Introduction to Pole – 12 Spots!

**[Please click on this link to register for your Momentum classes and follow these instructions:](#)**

**SPECIAL INSTRUCTIONS**

**Once you sign up for Mindbody and Find Momentum Aerial,  
SEARCH FOR THE DATE= 5/20, 6/17 or 7/20 – find the Wags Class and enter  
this code: WAGS 23**



**PLEASE CALL OR TEXT THESE STUDIOS TO REGISTER  
YOU WILL BE REQUIRED TO PROVIDE PROOF OF PURCHASE**

NEW ROOTS FITNESS COMPANY	(928) 853 2279.
BARRE3 FLAGSTAFF	(928) 774 0782 or email: <a href="mailto:flagstaff@barre3.com">flagstaff@barre3.com</a>
8 WELLNESS COLLECTIVE/ERIN MCDONALD	(928) 606 6705
THE YOGA EXPERIENCE	(928) 774 9010
FLAGSTAFF FITNESS – TAI CHI	(928) 864 9306
FLAGSTAFF FITNESS	TEXT JESSE
FUNCTIONAL MOBILITY	(928) 699 7942
EVOLVE FITNESS	(928) 793 6237
SOUTHSIDE COMBAT	(928) 607 1088
STRETCHLAB	(928) 377 1191
ORANGETHEORY FLAGSTAFF	(928) 288 5300
CYCLEBAR	(928) 551 6385