

Carabiner's Free Fitness Open House Party!

Save the Date
SEPTEMBER 7, 2014

Carabiner's
CLIMBING + FITNESS CENTERS

1st Anniversary Open House Party

Date: Sunday, September 7, 2014
Time: 1 - 4pm
Where: 328 Parker St, New Bedford
Cost: **FREE!**

Featuring:

- Climbing Demos & Protocol with the Carabiner's Climbing Team
- Fitness Demos of TRX, Pole Fitness, Hooping, Martial Arts, & More
- Down to Earth Natural Foods sampling table
- Nutritional Program and Hand Outs
- Paleo Naturals and Odwalla Food Tables
- One Hour Masterclass starring Capoeira, BootCamp, Kickboxing, Yoga, & More
- Raffle Prizes, Free Chair Massages, and Energy Work
- Body Painting and Tarot Card Readings
- ART ROCKS! Mural Unveiling and Artist Reception: Zachary Meunier
- Live DJ
- Professional Photography & Videography
- Final Day of Charter Memberships for Sale!

Please RSVP at the Front Desk, or by calling 508-984-0808

*Open House Party, Fitness Master Class and
ART ROCKS! Competition Free To The Public ~
All Ages*

On the heels of the most widespread Free Fitness in the Parks Summer Program across the South Coast, Carabiner's Climbing + Fitness Center is hosting its First Anniversary Open House Party this Sunday, September 7th 2014 from 1-4pm!

As the Anchor Sponsor of over 100 Free Fitness Classes in 3 parks throughout the summer (including Buttonwood Park, Hazelwood Park and Cushman Park) Carabiner's Gym is continuing its all-star lineup of classes and instructors for continued programs including Yoga, Tai Chi, Boot Camp and Hula Hoop, as well as Pilates, Pole Dancing Fitness, Martial Arts and more.

The 1st Anniversary Open House Party will feature Indoor Rock Climbing Demos and Protocol with the Carabiner's Climbing Team, Down To Earth Natural Foods sampling table and nutrition, Free Chair Massages and energy work, Raffle Prizes, Snacks by Paleo Naturals and Odwalla and more culminating in a One Hour Master Class showcasing the latest trends in Fitness, Dance, Yoga and Martial Arts! All are welcome and the House Party is open to the public. To reserve a spot in the Fitness Master Class from 2-3pm, please call 508.984.0808 and a Carabiner's concierge will handle your reservation.

Carabiner's Fitness Director Jeff Costa explains, "Carabiner's is a community of people who love to move! From indoor and outdoor rock climbing adventures, to Obstacle Course Racing, Martial Arts, Yoga and Dance, Carabiner's offers a cross-training approach to living healthy and keeping our members on track towards a holistic goal of wellness and enjoying life!" Join us and meet Jeff along with our A-List Team of Instructors, Coaches and Personal Trainers. www.Carabiners.com

A Live DJ will keep the party rocking while local mural artist, Zachary Meunier, unveils his latest offering! As first place winner of the Carabiner's ART ROCKS! Competition, Zac has bridged the worlds of art and fitness with his dazzling graffiti style Wall Of Fame! Meet the artist (<http://zmeunier.blogspot.com>) and enjoy the myriad fun and fitness opportunities of the day.

For more information about the Open House Party or Fitness Master Class, please contact Jeff Costa: jeff@carabiners.com

