

Are you Ready to RUMBLE!

Each year the Wellness Centre partners with the Calgary Corporate Challenge (CCC) Committee for a few KidSport fundraising events. This year we have expanded our CCC fundraising initiatives to include an off-site event to support Ronald McDonald House.

RUMBLE boxing studio (located on 17th Ave SW) will host this charity class on July 20th from 11:00 – 11:45 am. This is a fun, yet challenging, class where fight club meets night club. Each participant works with their own heavy bag (studio shown in picture) in a night club atmosphere complete with light and sound.

The minimum donation is \$25.00. RUMBLE is donating the space and instructor. Your full donation goes to Ronald McDonald House. Check out the studio by visiting, www.rumbleboxing.com.

Each registrant will also require boxing wraps. These are \$5 and can be paid for at the wellness centre when you make your donation. (The cost of the wraps has been subsidized by RUMBLE and the CCC Committee.) The wraps are reusable and can be put to use in the wellness centre when the new heavy bag arrives!



The total time commitment for this event would be approximately 10:40 am – 12:15 pm. Transportation can be provided from Nexen for anyone who needs it.

Space is limited. Register [here](#).