

Hello Everyone!

Thank you for supporting our very own Blue Mountain Elementary School Odyssey of the Mind Colorado State Champions and World Finalists!

What: Fundraiser to assist the seven student team members and their coach with the entry fee, transportation and lodging expenses required to attend the Odyssey of the Mind World Finals Competition to be held at Iowa State University

How: Simply attend a POUND Exercise Class

Where: Breakaway Cycle and Strength Studio located at 655 South Sunset, Suite G, Longmont

When: Saturday April 21, 2018 at 10 a.m. If the class fills up, a second one will be held at 11 a.m.

Cost: \$25 per person 100% of the cost will go to our Odyssey of the Mind team

What is POUND: A fun and rocking cardio fitness class where the participants use weighted drum sticks while they dance along to the music while performing lunges and squats. The beauty of the class is that it is designed for all fitness levels and kids LOVE it!

Here is a link for more info: <https://poundfit.com/about/>

What to Bring: wear you comfortable exercise clothes and shoes, a water bottle, a sweat towel and an awesome attitude!

Our Instructor: Amy Hoh

Advance sign up is required: use of a desktop/laptop, instead of a smart phone, will be easiest

Link for the POUND event: <https://clients.mindbodyonline.com/classic/ws?studioid=30041&stype=-8&sTG=38&sVT=48&sView=day&sLoc=2&sTrn=100000001&date=04/21/18>

- 1) You are taken directly to the fundraiser page. Select the *Sign Up Now!* button
- 2) Create an account with basic contact information and sign a waiver
- 3) Enroll
- 4) Checkout
- 5) Additional voluntary tax deductible donations may be made by check or cash at the door

We are very excited to have teachers, parents and kids alike come for an hour of fun while helping the Odyssey of the Mind World Finalists to be able to compete next month!

Thank you!

Sarah, Addie, Shiva, Hayden, Aayush, Tucker and Justin

