



# Join Us in Wheaton



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124 N. Main Street, Wheaton  
505 Pennsylvania, Glen Ellyn



# EVENTS

## Rise Fitness + Wellness



**10**  
**FEB**



### GALENTINE'S BARRE & BUBBLES

10:30-11:30  
AM

Join us with your favorite "gal" pals for an awe-inspiring class of barre and a special toast with your girlfriends. A special take home treat will be given to all.

Attendees encouraged to bring an item to be donated to the food pantry!

\$25

**11**  
**FEB**

10:15-11:30  
AM

### LOVE YOURSELF SOUND BATH

75 minutes: 20 min of gentle flow yoga followed by a calming Sound Bath with Courtney O'keefe. Show yourself love as you head into Valentine's Day Week!

A little info about the Sound Bath.... Meditation is a large passion for Courtney, and as a certified sound healer, through The Integrative Healing Academy.. She uses a combination of crystal singing bowls at 432hz tuned to the 7 chakras, 2 earth element chimes and an ocean drum to create a relaxing environment for meditation and healing.

\$30

**13**  
**FEB**

6:30-7:30  
PM

### GENTLE FLOW HEART FORWARD YOGA w/ PD MENZEL

As we open our hearts for Valentine's Day, joint PD to Stretch + Destress. Sooth your nervous system and elongate muscles with a yoga class featuring forward folds and deep breathing.

Single Class Rate: \$20



Sign up for all events on a web browser or email [info@risefitandwell.com](mailto:info@risefitandwell.com)