WELL BEING CORNER

EMPOWERMENT THROUGH MIND & MOVEMENT

A WELLNESS SPACE FOR EVERYONE TO BUILD CONFIDENCE, MANAGE STRESS, AND GROW TOGETHER

📅 SUMMER SESSIONS BEGIN IN JULY
🕒 TUES, WED, THUR: 1:30 PM - 5:45 PM
🕒 SATURDAYS: 10:30 AM - 2:45 PM

📅 2026-27 SCHOOL YEAR SESSIONS
🕒 MON, WED, FRI: 4:45 PM - 6 PM
🕒 SATURDAYS: 1:30 PM - 2:45 PM

📍 1635 PARIS ST, AURORA, CO 80010
👊 AGES 10-26 | MIDDLE SCHOOL, HIGH SCHOOL & YOUNG ADULTS

NO EXPERIENCE REQUIRED!

WHAT YOU'LL GAIN:
✔️ MANAGE STRESS & ANXIETY
✔️ BUILD CONFIDENCE & DISCIPLINE
✔️ BOXING & MOVEMENT ACTIVITIES
✔️ SUPPORTIVE MENTORS
✔️ A SAFE SPACE TO GROW

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SCAN QR CODE TO SIGN UP!