



# Second Annual Burpees for Boobies

**Join the Burpees for Boobies Party!  
Help raise funds for Albie Aware Breast Cancer  
Foundation while staying fit!**

October 4th, 4:00-7:00 p.m.

Fit 36 in Folsom

25065 Blue Ravine Road

**\* Burpee to music with a live DJ!**

Here's how you can join the fun while staying fit:

1. Sign up at Fit 36 in Folsom
2. Collect pledges based on how many burpees (squat thrusts) you can do in 36 minutes. Flat donations are welcome too!
3. Join us on October 4 from 4:00 – 7:00 p.m. and do your Burpees for Boobies!

Work at your own pace – It's not a race! Do five or fifty. Every dollar counts and all proceeds stay in our area!

Breast cancer survivors and supporters are welcome to cheer on the participants and keep count of the Burpees for Boobies.

For more information, contact Fit 36:

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(916) 473-8636

<https://fit36.com/folsom/blog>

