



**WEDNESDAY, NOVEMBER 20, 2024**

**GROUP POWER<sup>®</sup> WITH COLIN, DAVE & MALLORY**  
**5:15PM–6:15PM | Gym 1**

**TECHNOSPIN BEATS WITH NOELLE**  
**6:30PM–7:30PM | TechnoSPIN Studio**

THEN JOIN US FOR A

**SPIRIT TASTING WITH EAU CLAIRE DISTILLERY**  
**6:30pm – 9:00pm | Riverview Room**

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IN SUPPORT OF MEN'S HEALTH, JOIN US FOR AN  
EVENING OF GROUP POWER<sup>®</sup>, TECHNOSPIN & DRINKS.



REGISTER FOR  
TECHNOSPIN  
**HERE**

