



Come to one or more of our fun and FREE holiday events!



Saturday, December 1st: PK Move Holiday ninjas will be available for **photo ops at Dolce & Bean**, 2003a Mt Vernon Ave, Alexandria, VA 22301, 6-9pm as part of the Del Ray Holiday kick-off! You won't want to miss this festive evening on the Avenue.

December 1st-25th: Drop your business card in the PK Move basket on the Dolce & Bean counter for a **chance to win a free 10-class pass** (for use by one person x 10 one-hour classes OR 10 people for a single 1-hour event, such as a team building exercise or birthday party) Only one lucky winner will be chosen! (Pass good for 10 regular open classes only. If a special event is selected, it must take place at mutually agreed upon time in 2019. Not for resale. Winner must follow all PK Move registration policies regarding safety, waiver, etc.)

December 1st-25th: Beginning December 1, **Vote for Your Favorite non-profit Tree** ...we're sure it's going to be PK Move's Ducky Tree! Also, in the spirit of giving, **enjoy 20% off the price of 10 classes!** (Discount available at time of purchase.)

Wednesday, December 5, 10-11am: **PK Silver Class** (Parkour for Adults 50+) Monarca In Flight, 3431-F Carlin Springs Road, Falls Church, VA, 22041.

Thursday, December 6, 7-9pm: **Ladies Night Out.** Come see the PK Move Holiday Ninjas at Dolce & Bean!

Monday, December 10, 2pm: **PK Move Holiday Ninja Story Time!** Got grand kids in town? Kids and their caregivers (NOT a drop off event) are invited to listen to some stories with the PK Move Ninjas! Free. Sign up in advance at Dolce & Bean where the story time will take place. Space limited.

Wednesday, December 12, 10-11am: **PK Silver Class** (Parkour for Adults 50+) Monarca In Flight, 3431-F Carlin Springs Road, Falls Church, VA, 22041

Wednesday, December, 19, 10am: **PK Silver: Staying Healthy & Active over the Holiday Season** for older adults. Not a regular PK Silver class, more of a workshop with exercise tips for keeping YOUR December merry and bright. Free. Sign up in advance at Dolce & Bean where the class will take place. Space limited.



For more info: www.pkmove.org ☎ 571-386-4094 ✉ info@pkmove.org