



Teacher Appreciation Month

What is Upstate Nevada?

Upstate Nevada is a 501(c)3 non-profit organization whose mission is to support the mental and physical health of group of people we call **Everyday Heroes**: Military, First Responders, Nurses, and Teachers.

We believe 3 things:

- 1) We believe that **physical fitness** is vital to health and longevity.
- 2) We believe that **community support** is key to mental health.
- 3) We believe that **Everyday Heroes** (military, first responders, nurses, and teachers) are underserved and under-appreciated in our community.

So, we created an organization that does **community-based functional fitness** and eases access to those who we consider the **heroes** of our community through half-priced memberships.

Free month of membership for all teachers during the month of June.
Thank you for everything you do.

Scan the QR code to see our class **schedule** and check out our website!



www.upstatenevada.com

Contact us today to set up an on-ramp session or drop by any class time to try it out!

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Call/Text: 775-530-5038

We know walking into a new gym can be intimidating, buddies encouraged!