

# JOIN THE APTA NC SSIG FOR A VIRTUAL SERVICE EVENT

## KICKBOXING

THURSDAY OCT 22  
6P-6:45P

## YOGA

FRIDAY OCT 23  
6A-6:45A



Join us for a 45 minute virtual workout to raise money for the **Special Olympics of NC**. Registration is **\$10** for one class or **\$15** for both. Zoom link(s) will be provided via email after you sign up [here](#)

[forms.gle/tEsTLpbrbG2EvYiZ8](https://forms.gle/tEsTLpbrbG2EvYiZ8)

# Your Kickboxing instructor is...

## Liz West-Green, PT, DPT

Liz received her Doctorate of Physical Therapy from Campbell University in 2019 and BA in Exercise & Sport Science from the University of North Carolina at Chapel Hill in 2015. She is an ACE certified group fitness instructor and her passions include health, fitness, running, rural healthcare, and sport & orthopedic rehabilitation.



Work out with Liz Thursday Oct 22 from 6p-6:45p and help raise money for **Special Olympics of NC!** Sign up [here](https://forms.gle/1f9sNmmXrQPnqjUY8): <https://forms.gle/1f9sNmmXrQPnqjUY8>





# YOUR YOGA INSTRUCTOR IS....

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## **Daniela Ortiz, SPT**

Daniela is part of the 2021 cohort at Duke University, and graduated from North Carolina State University in 2016. After 3 years of collegiate dance, she earned her 200-hour Yoga certification to keep herself and others moving, and recently completed 500-hour training. After graduation, she hopes to pursue a career in the acute care setting with a side of teaching yoga, preferably somewhere less humid.

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Work out with Daniela Friday Oct 23 from 6a-6:45a and help raise money for **Special Olympics of NC!** Sign up [here](https://forms.gle/1f9sNmmXrQPnqjUY8):  
<https://forms.gle/1f9sNmmXrQPnqjUY8>