

# South Florida Chapter Pride Event

Sat, Jun 4th 2022 at 10:00 AM EDT · By The OUT Foundation



# South Florida Chapter Pride Event

Wed., June 1st 2022 through Sun., June 5th - By Move. Lift. Live.



### 📅 DATE & TIME

Sat, Jun 4th 2022 at 10:00 AM EDT

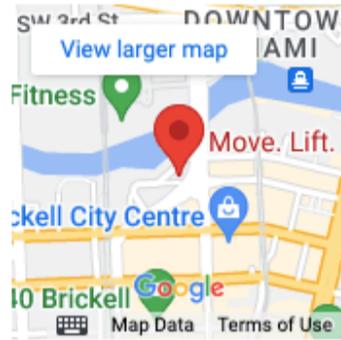
— TO —

Sat, Jun 4th 2022 at 12:00 PM EDT

Add To Calendar ▾

### 📍 LOCATION

Move. Lift. Live.  
19 SW 6th St  
Miami FL, 33130



### EVENT DETAILS

You're invited to come #sweatforacause with OUTAthletics!

This is not your typical workout fundraiser - **we're totally extra!**

### DATE & TIME

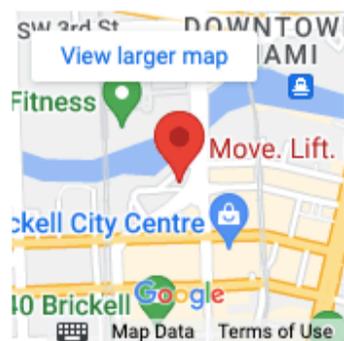
Wed., June 1st 2022 @ 6pm

to

Sun., June 5th 2022 @ 1pm

### 📍 LOCATION

Move. Lift. Live.  
19 SW 6th St  
Miami FL, 33130



### EVENT DETAILS

You're invited to come #sweatforacause and kick off international Pride month with Move. Lift. Live. and The OUT Foundation!

In community with lululemon, we're proud to host a 5-day series celebrating the South Florida LGBTQ+ community and elevating pride through community, consciousness and inspiration.

MLL will be hub and safe space for celebration, health, wellness, learning and community. During the 5-days, we'll be amplifying queer artists, drag queens, athletes, instructors and guest speakers through a mix of sweat events, workshops, socials/mixers, a run club and a drag brunch!

## EVENT DETAILS CONTINUED

We are part of The OUT Foundation, a 501(c)(3) non-profit dedicated to improving the health and whole body wellness of the LGBTQ+ community. We are raising money to help fund OUTAthlete scholarships to underserved LGBTQ+ young adults who would benefit from access to safe, healthy, and welcoming fitness environments.

Our events are 100% inclusive, not only of gender, sexuality, but of all fitness levels.

Here's how it works!

1. Reserve your spot for any part or all parts of the 5-day series! Probably the most important step, really. Can't attend? You can still donate to the cause! Check out the field under the ticket options!\*

2. You'll get an email confirming your registration, asking you to fill out a form to specify your workout preferences, AND giving you a little step-by-step on sharing the event fundraising page—also an important part in helping to extend our reach!

Do you have to fundraise? Does it make you cooler, likeable, more awesome? Pshhh Duh! Every OUTAthletics event has a goal of raising the most funds as possible for The OUT Foundation. You can read more about our work here <https://www.iamout.org/>

3. Now that you're all registered and fundraising has begun, head on over to the OUTAthletics Shop and get yourself some gear...we recommend grabbing some more Pride gear wherever you can find it. Not that it's a beauty contest...but it's definitely a "who wore it best" contest. More rainbows. More reps.

That's it! We're super excited to have you at this amazing pride month launch series!

Bring friends.

XO

## Event Registration

**Wed, June 1: 6pm - 9pm**

### **Opening Sweat + Ally Empowerment Workshop**

Grand opening and welcome to the first move with pride. We're hosting a high-energy community sweat session open to all LGBTQ+ and allies, and all fitness levels, as a celebration of the start of pride month. Followed by a workshop intent on empowering allies with the queer history, tools and knowledge needed to support our community, with a particular eye on current issues and sensitivities, and persistent attacks on our safety and inclusion in mainstream dialogue. All this, wrapped in a social gathering with lite bites and drinks.

## Event Registration

**Thur, June 2: 6pm - 9pm**

### **Restorative Yoga Journey + Value Setting & Visioning Workshop**

Breath work coupled with a restorative and meditative yoga practice. Followed by an exercise in mindfulness and centering, as well as dialogue around value-setting for the purpose of uncovering core values, identifying personal vision and establishing truly and deeply personal goals.

## Event Registration

**Fri, June 3: 5pm - 9pm / 9pm+**

### **Friday Night Lights + After Party**

An exciting community workout set-up competition style, running in heats. Come sweat, bring friends, rally around friends and participants cheering them on while enjoying the beats and drinks!

Open to all LGBTQ+ and allies from the community, and all fitness levels! MLL event to be followed by post-workout party at Topsy Flamingo for live music, dancing and connection.

## Event Registration

**Sat, June 4: 9am - 1pm**

### **OUT Athletics Block Party**

Come sweat with your community and many local queer trainers and coaches from around South Florida! We're setting up a unique gauntlet-style challenge course and upping the stakes! Grab a few friends, assemble your teams, and come ready to sweat and party it up with more DJs, drag queens, food trucks and a all around good ol' time!

## Event Registration

**Sun, June 5: 9am - 1pm**

### **Sunday Runday + No-Shower Drag Brunch**

Kicking off with some morning beverages and pre-run snacks, join us for a warm welcome, and open stretch before taking off on a 5k run through Brickell. As all of our events are, ALL LEVELS WELCOME! We'll end the run at MLL, where we'll wind down with a cool-down/mobility session, followed immediately by a no-shower brunch and drag show!