



MYB Krewe Weekly Newsletter 3.5.2020

1 message

Move Ya Brass
Reply-To: [Redacted]
To: [Redacted]

Thu, Mar 19, 2020 at 9:49 AM



MYB Krewe Newsletter



Get off the sideline and into a second line...

Out of an abundance of caution and our commitment to supporting a healthy community for all of our friends and neighbors, all Move Ya Brass and Make Your Move Foundation (public classes and group runs) will be suspended until further notice. We will continue to monitor the recommendations of health officials and city leaders and make decisions about programming accordingly. Please continue to follow us on social media for the latest updates.

We look forward to seeing you again soon!



MARCH 19TH 5:45PM (CST)

VIRTUAL WORKOUT

TWERK YA BRASS WITH COACH Q

Spread the word. We'll be on Instagram Live this evening at 5:45 PM CST with Coach Q for Twerk Ya Brass. Donations are being taken for this class via Venmo @MoveYaBrass



TWERK YA BRASS WITH COACH Q

LIVE TONIGHT AT 5:45PM CST
DONATIONS ACCEPTED ON VENMO @MOVEYABRASS

DON'T MISS THIS CHANCE TO #MOVEYABRASS!

FREE VIRTUAL WORKOUTS START TONIGHT!
DONATIONS ACCEPTED ON VENMO @MOVEYABRASS





COMMON SENSE RUNNING WITH SOCIAL DISTANCE

Runners guide to be a public health steward and still stay sane

1 RUN ALONE



Count yourself among the lucky to have a sport that's easy to do during these days of social distancing. If you're concerned about meeting up with your usual running group, try running alone. Let Audible, music playlists and Podcasts be your friend for a few weeks.

2 RUN WITH A DOG



Your dog will start to feel as stir crazy as you if you both sit around the house all day. Get out there with your pup to breathe some fresh air and stretch both of your legs.

3 RUN WITH A FRIEND



Get together responsibly with your running friend but be cognizant of social distancing:

- Stay 6 feet apart
- Be sure neither of you have a cough or sore throat
- Don't spit
- Leave your spraying water bottle at home

4 RUN WITH 2 FRIENDS



Use the same common sense rules as above, but be sure you find a route that will accommodate a space for three runners, 6 feet apart.

5 BRING HAND SANITIZER



Consider bringing a small hand sanitizer bottle for stop lights

WWW.RUNFARTHERANDFASTER.COM



Keep up with races and classes we do with the TeamUp App, available for Apple iOS, Android devices or from your computer.

Copy and paste this web address in your app or web browser: <https://teamup.com/ks43ec462dfd999672>



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