



Spin For Life



Rocky River Fitworks

7 AM – 7 PM Saturday, February 6th, 2010

The American Cancer Society and Fitworks Rocky River will be hosting an all day Spin Event on Saturday, February 6th to benefit the American Cancer Society.

45 minute classes will be held with your favorite instructors every hour from 7 AM to 7PM on Saturday. Registration fee is \$10 per class and is non-refundable. Please fill out this form and return to the front desk or mail in to the address below with payment (by Check only made out to: American Cancer Society). **There will be no refunds**

Space is limited to 32 participants in each class and pre-registration is required. If the spinning class is full you will be placed in another type of group exercise class that will be offered in that same time spot.

Beyond your registration fee we are asking that participants ask for donations to pledge for them for this event. Pledge envelopes are available at the front desk. All money collected can be turned in at the event (Checks or cash). There will be prizes awarded for the top fundraisers. Teams are also encouraged and must commit to filling all time spots with at least one person

Classes Available:

7 AM - Spin with Kimberly
8 AM - Spin with Kimberly
9 AM - Spin with Dave
10 AM – Spin with Edgar
11 AM – Spin with Tonya

Noon – Spin with Tonya
1 PM – Spin with Kelly M.
2 PM – Spin with Jeffrey
3 PM – Spin with Rachel
4 PM – Spin with Rose

5 PM – Spin with Rose
6 PM – Spin with Karen

Please turn the form in at the front desk with payment or send to:

Fitworks – Rocky River
19607 Detroit Rd.
Rocky River, OH 44116

For Questions please contact Tonya at:
tbanzhaf@fitworks.com

PARTICIPANT REGISTRATION FORM

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone : _____ Email: _____

Class(es) Chosen: _____

Team Name (if applicable) _____

Staff Initials _____ Date _____