



**BLACK FRIDAY SPINATHON
- FUNDRAISER FOR THE
ALIVE! FOUNDATION*

BLACK FRIDAY SPINATHON TO BENEFIT THE ALIVE! FOUNDATION

Work off some Holiday Pie and support a great local charity! Join Gazella Training & Group Fitness on Friday, November 27th for a Spinathon to support the Alive! Foundation, a CNY not for profit dedicated to helping cancer survivors live well by focusing on movement, fitness and nutrition. Sign up for one, two, three or all four classes.

Schedule:

8:00 am Sandy
9:00 am Chris
10:00 am Shannon
11:00 am Reem

Suggested donation of \$15 per hour class (paid on the day of the Spinathon by cash or check payable to the Alive! Foundation). All proceeds will go to the Alive! Foundation.

Can't ride that day? No problem, you can sign up as a virtual rider!

[REGISTER HERE](#)

