

## Help Our Military Heroes



# Save the Date!

**Saturday**  
**Jan. 30, 2010**  
**7am – 2:30pm**

**Join us at**  
**New York Sports Club**  
**38 Mill Plain Road**  
**Danbury, CT**

# We're Spinning For Our Soldiers!

**Help us raise \$150,000 to support  
our Military Heroes!**

Join us for a day of fund-raising through Spin, Boxing, Zumba, Ultimate Conditioning, Yoga and much more!

***Food, Fun, Fabulous Prizes, Raffles, Gift Baskets!***

### **Ways to Participate:**

**Ride a Bike!** Have your friends, coworkers and family pledge their \$ support while you Ride a Bike!  
Ride a Bike for an Hour or Ride a Bike for 7 Hours!  
Your choice.

**Take a Class!** We'll provide Boxing, Zumba and Ultimate Conditioning throughout the day! Do as many classes as you wish!

**Buy Raffle Tickets!** There will be Fabulous Prizes from Coach, Cannondale and many more!

**Silent Auction!** Bid on your favorite basket.

**Be An Event Sponsor!** If you are interested in helping to sponsor this event, please contact:  
Laurie Wilkinson-Hollander, 203-300-6019;  
MaryBeth Vandergrift, 203-885-9971.

***Look For Details Over The Coming Weeks!***

Snow Day: January 31

**For more information call Laurie Wilkinson-Hollander 203-300-6019 or Marybeth Vandergrift 203-885-9971**