

PINK POWER FOR A CURE!

Let's energize our giving power and pump up the funds through Fitness by participating in HealthFit's charity class Pink Power for a Cure - Spin, Shred, Splash!



BENEFITING THE AMERICAN CANCER SOCIETY AND MEN WEAR PINK

2 Events - 3 Class - 90 Minutes Total

HealthFit will be holding two charity classes to support the Men Wear Pink Campaign. Call or sign up on the HealthFit app. Suggested donations of \$10 for attendees to benefit the American Cancer Society.

Participants will take 30 minutes of Spin or Shred and then switch. After both classes, participants will end in the pool for 30 minutes of Splash.

Come have a blast, burn some calories, and build a strong support for Breast Cancer!



Spin

This indoor cycling class is tailored to suit a wide range of abilities and fitness goals, while providing the most energizing and entertaining outdoor-inspired cycling ride.



Shred

Shed fat, define muscle, strengthen your core and improve your cardiovascular health.



Splash

Focused on Cardio & Toning, this refreshing mix-up of cardio exercises and various toning moves is perfect for all levels.

ONLY 40 SPOTS EACH EVENT!

REGISTER NOW

 **941-917-7000**

 **HealthfitSMH**

AUGUST 23 & SEPTEMBER 20, 2025

 **09:00 AM - 10:30 AM**

