

N J
GYM

FITNESS

Z O N E

**Build Your Body.
Build a House!**

Register
for our

Spin-a-thon!

All proceeds benefit our local
Habitat for Humanity



Saturday
Feb. 20
10 - 3:30*

\$20. minimum
donation, per person/
per session

\$35. & up: get a
free Habitat t-shirt

***(3) 90 minute Sessions:**
10 - 11:30
12 - 1:30
2 - 3:30

Each session can be solo or in a team (i.e. more than one person, can ride on the same bike in the 90 minute session).

There will be 3 instructors (one for each session); one of which is the trainer for Miss New Jersey.

Minimum age 16 with parental consent – just bring the child that morning/afternoon to sign the consent in person.

**Spinners can register at:
spinathonhabitat@gmail.com**

Please provide name, time slot, phone #, email address. Or sign up at the gym in person.

Membership of the gym is not necessary to “spin”.

Prizes will be awarded to the highest donor!

Gym Location:
440 US Highway 130 South
East Windsor , NJ 08520
609-426-0700.
email: ContactUs@njg-fitnesszone.com.

