



Try these fitness classes and support those who support us!

# Fitness Calendar 2017

DATE / TIME	FITNESS STUDIO	CLASS	REGISTRATION/COST INFO
<b>SUN, OCT 1</b> 4:30 pm	<b>ZenRide Spinning</b> 869 Post Road Fairfield (203) 955-1392	Pink Pledge Ride-Spin Raiser	Register @ <a href="http://www.zen-ride.com">www.zen-ride.com</a> click on Pink Pledge class. \$25 class fee. Wear pink! <b>36 bike max</b> . 5:30pm Reception. Pre-class registration required. Questions- email: <a href="mailto:info@zen-ride.com">info@zen-ride.com</a>
<b>SUN, OCT 8</b> 3pm	<b>bar method-Fairfield</b> 85 Mill Plain Rd, Suite V Fairfield (203) 259-8825	Pink Bar class	Register @ <a href="http://www.fairfield.barmethod.com">www.fairfield.barmethod.com</a> click Pink Pledge class. \$25 class fee Pre-class registration required. Wear pink! Wear socks .
<b>WED, OCT 11</b> 5:30- 6:45 pm	<b>Deeper Healing Yoga</b> Park Ave Medical Center Trumbull - West Pavilion, 2nd Floor Room 600	5 Gong Relaxation Session Heal the Parasympathetic Nervous System & Melt Stress Away	Register by emailing <a href="mailto:colleen@colleenreilly.com">colleen@colleenreilly.com</a> \$25 minimum donation class fee, <b>30 participants maximum</b> . Bring mat if you have one!
<b>THURS, OCT 12</b> 6pm-7:30pm	<b>Black Rock Pilates</b> 2889 Fairfield Ave, Bridgeport (203) 335-1987	Pilates Class- 4 stations, 4 instructors	Register @ <a href="http://www.blackrockpilates.com">www.blackrockpilates.com</a> \$25 class fee Pre-class registration required.
<b>THURS, OCT 19</b> 7 pm	<b>FitCycle Studio</b> Sportsplex 85 Mill Plain Road (203) 955-1901	Ladies Night Out Ride	Register @ <a href="http://www.fitcyclestudio.com">www.fitcyclestudio.com</a> \$26 class fee Wear pink!
<b>THURS, OCT 19</b> all day!	<b>FIT4MOM SE Fairfield County</b> 415 Katona Drive (914) 329-8705	Strength in Motherhood Fitness Classes	Register @ <a href="http://www.fit4mom.com">www.fit4mom.com</a> \$10 minimum donation class fee Wear pink! Flexible fitness program for mom;s with busy schedules. Fitness studio matching all donations received 10/19!
<b>SAT, OCT 21</b> 8am or 9:15am	<b>F45 Training Fairfield</b> 915-917 Post Road (203) 836-3484	Hollywood goes Pink! Group Training Class High Intensity Interval Circuits	2 classes - 8am or 9:15am. Register by using the F45 app, or call 203-836-3484 \$25 class fee. Pre-registration required.
<b>FRI, OCT 27</b> 7 -8:30 pm	<b>Double Up Dance</b> Sportsplex 85 Mill Plain Road (203) 557-8971	Ladies Night Dance Party	Register by using the Double Up Dance app, or @ <a href="http://www.doubleupdancestudio.com">www.doubleupdancestudio.com</a>
<b>SAT, OCT 28</b> 9am warm up 9:45am start	<b>SOSF Crossfit &amp; Chiropractic</b> 27 Halley Ct, Fairfield (203) 522-4121	Pink WOD (Work Out of the Day!) Crossfit Challenge-teams of 4	\$35 class fee, beginners welcome! all levels! <b>80 participants maximum</b> FREE Pink Robex Pre-workout shakes! Pre-class registration required. Register @ <a href="http://www.facebook.com/CrossFitSOSF/">www.facebook.com/CrossFitSOSF/</a>
<b>SAT, OCT 28</b> 8:30am or 9:45am	<b>Elliptica</b> Sportsplex 85 Mill Plain Road (203) 292-5129	Pink Elliptica Class High Intensity Low Impact Total Body Cardio	Register by using the Elliptica app, or @ <a href="http://www.ellipticastudio.com">www.ellipticastudio.com</a> \$30 class fee.

100% Proceeds from these classes are donated to the Norma Pfriem Breast Center.

For the most updated Pink Pledge Shop, Dine, Sweat calendar of events go to [PinkPledge.org](http://PinkPledge.org)

Follow us on  @Norma Pfriem Breast Center