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Ashton on Mersey High School -

Health & Fitness Centre, Cecil Ave, Sale, M33 5AZ

CHARITY 6 HOUR SPIN EVENT

6 hours of spinning themed exercise, spin solo, as a team, spin to get your fitness kick started, spin just for the sake of it.

In aid of the British Heart Foundation, promoting healthy, active and longer life, researching and supporting those who have or the potential for heart related issues.

Jump in and use the event as your motivation, inspiration to make the most of what you have. Healthy living involves more than the physical action, moving more involves a shift in mindset and habits.

Come down and sample the music and the activity, first times or experienced spinners are welcome.

Ages 12 years of age to Adult are welcome

- **£5 donation entry**
- **Spin as long as you want - 30, 45, 60, 90.....minutes**
- **Music & Video Motivation - 60's, 70's, 80's**
- **Mocktails - "The Movers & Shakers Company"**
- **Saturday September 2nd 10:00 to 4:00pm**

BOOKING PAGE : <https://bookwhen.com/CharitySpin>