



Workout for



HeartShare
HUMAN SERVICES OF NEW YORK

**and Combat
Autism Week**

Friday, March 7-Thursday, March 13th

Harbor Fitness is sponsoring a week-long benefit for HeartShare's programs to assist children with autism and their families.

Visit us to make a donation or participate in one of our exciting events and offers!

Join for a Cause!

- Join for the week & enjoy all group fitness classes at both facilities for \$50
- Pay \$20 and join for the day (also attend unlimited classes)

Ride for a Reason—

On Thursday, March 13th from 6:30-8:30pm reserve a bike in our newly renovated spinning room for an hour (\$20) or two (\$30) of our

LIVE DJ SPINNING RIDE

Refreshments and gifts for all who attend -and don't be surprised to see a few celebrities in the mix!

During this week Harbor's Membership, benefit classes and ride fees go directly to HeartShare as a tax-deductible contribution.

Workout and both you and HeartShare benefit. Better yet, you're helping a child with autism.

Call or visit us online for our special benefit class schedule and raffle drawings throughout the week at both locations!

www.harborfitness.com,

Harbor Fitness Bay Ridge: 9215 Fourth Avenue Brooklyn, NY 11209 (718) 238-9400

Harbor Fitness Park Slope: 191 15th Street Brooklyn, NY 11215 (718) 965-6200

For more information about HeartShare visit www.heartshare.org