

Breast Friends FUNdraiser

for
Breast Cancer Action
Because no one should face it alone

THE PARTY
Fun-filled
cardio dance
- then move
to the
GROOVE

W
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THE SPIN
Pedal your
support
in our
LEGendary
Spin-a-thon

S
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DOUBLE
DOG
DARE YOU!
Exercise
Your
Inner Beast

P
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THE SKATE
Family
skate-a-thon
for all
ages
6 - 8 p.m.



\$shake your thing - cha-ching, cha-ching

Friday May 8th, 2015

Drop in any time from 6 - 9 p.m.

Stay for a while or the whole 3 hours

Goulbourn Recreation Complex, Stittsville

1500 Shea Road, Stittsville, ON K2S 0B2

Tel: GRC (613 831 1169) or BCA (613 736 5921)

www.bcaott.ca



Entrance \$10 for one, \$15 for two - get \$50 in pledges and you get in free!

Everyone is welcome but you must be Age 13 or older to participate in the gym