



# YOU ARE INVITED!

## **First Ever** Midnight “Spin” Cycling and

more to be held in conjunction with Guinness World Record fundraising attempt by George E. Hood on behalf of the YMCA Strong Kids Campaign!

**Dates:** Tuesday, May 6<sup>th</sup> 8:00 to 9:30 PM

Friday, May 9<sup>th</sup> Midnight to 1:30AM

Saturday, May 10<sup>th</sup> Midnight to 1:30AM



To be led by **Monica Presti**, certified “spin” cycling instructor on staff at X-Sport Fitness, who is graciously donating her time on behalf of the YMCA Strong Kids Campaign! Post class refreshments on site!



**Location:** Fry Family YMCA located at 2120 West 95<sup>th</sup> Street in Naperville (just off of Book Road and 95<sup>th</sup> Street)  
**Contact Number:** 630-579-5700

**To Participate**, please mark your calendar on the above dates and show up at the Fry Family YMCA just ahead of the class start times also shown above. Simply “check-in” upon arrival at the Fry Family YMCA and mention you’re there to cycle. Doors will be unlocked!

The YMCA is graciously opening their doors for all cycling folks to participate! Up to 50+ bikes will be on-site and in the same studio where riders can witness and inspire George in his quest to set a new Guinness World Record for stationary cycling AND raise funds for the Y’s Strong Kids Campaign! At the time of the “midnight spins”, George is expected to be well over 100+ hours into his ride on his way to reaching a goal time of 154 hours!!



## See you in class!!!



For additional information on how your generous donation and/or participation can help, please visit [www.RideGeorgeRide.org](http://www.RideGeorgeRide.org) or contact George at [georgehood111@yahoo.com](mailto:georgehood111@yahoo.com) or Event Administrative Coordinator, Kathy Lewandowski at 630-260-4699.