

SPINNING GENEROSITY FAQ sheet

What time should I arrive prior to class?

Please arrive 20-minutes before class is scheduled to begin, in order to fill out waivers, donation form, and set up your bike. This is very important for a safe, effective and fun ride.

What happens if I can't make it last minute?

Please e-mail or call Liz at: Liz@LizFit.net Cell: 978.257.0112 It is completely understandable that a last-minute situation might cause you to cancel your reservation. Please consider stopping by at a later time with a donation for your charity.

How much money should I donate?

This year, we are asking a minimum of \$150.00 per seat per ride. This will ensure that at least \$1,000.00 is generated for each charity. If you want to ride but this amount is not in your budget, ask your friends to support you! Lots of people have backers during SPINNING GENEROSITY. If you need help raising money, e-mail Liz (liz@lizfit.net).

I don't or can't ride but still want to donate! How is that handled?

Absolutely you can still donate! Just e-mail Liz to set up a time to drop off your donation at Spinnaker Recreation center. Please do not leave it at the front desk at Spinnaker as they are not responsible for any of the donations coming in. E-mail address for Liz: Liz@LizFit.net

How much of my donation will go to the charity of my choice?

100% of your donation will go directly to your preferred charity

How many bikes are there? 22

How should I pay? If paying by check, who do I write the check out to?

Please bring cash or checks with you the day of your ride. We will have a brief donation form for you to fill out at the event. If spinning for multiple charities, please bring separate checks or cash to each class. Please make payable to the charity, NOT LizFit.

Where can I park?

There is a parking lot adjacent to Spinnaker Recreation Center. Please do not park on the street in front of the center, as that parking is reserved for area residents.

Where is class located?

Please sign in at the front desk of the gym when you come in. The spin room is located beyond the front desk, though the treadmill room and up the stairs.

I've never been on a spin bike before. Can I do it?

This class will be designed for all ages, athletic levels, and abilities.

Each person will be able to tailor his or her ride according to preferred needs and desires, from easy to difficult.

What should I wear?

Though fans will be going, you will get sweaty! Wear gym attire--short sleeved shirts and shorts are suggested.

Should I bring water? Towel?

A small towel would be advised as you will get sweaty. Water will be provided, but please feel free to bring your own if you would like.

Will I have fun?!

YES! The 45-minute class is guaranteed to be the work out you want, combined with fun, laughter and some great music. Get excited!