



For Immediate Release  
October 18th, 2016

## **Pink Fitness Breast Cancer Event**

Susan G. Komen of Central New York and Metro Fitness collaborate on breast cancer awareness fundraiser. — Susan G. Komen of CNY and Metro Fitness along with other sponsors including Laci's Tapas Bar, Lululemon, Core Pilates & Yoga, Wegman's, and Dunkin Donuts are bringing the city of Syracuse a day of free group fitness classes. Hosted at Metro Fitness East (6800 East Genesee Street Fayetteville, New York 13066) the event will take place this Saturday October 22nd from 8:00 AM to 1:00 PM. During the event, there will be four free group fitness classes taught by Metro Fitness instructors, including Les Mills BodyPump, Yoga, Zumba, and Les Mills BodyCombat. All are welcome to come for one class or all of them during this time frame. Along with light refreshments from Laci's Tapas Bar and Dunkin Donuts, participants can also peruse our vendor area with booths educating on pilates, yoga, and breast health education.

This is a free event with no cover charge. All are encouraged to come participate in the classes especially the many breast cancer survivors in the area. While the event is free, donations will be taken and all proceeds will go to Susan G. Komen of Central New York. Come eat food, workout, learn about breast health, and donate to a fantastic cause. Bring your friends and family to support a day of fundraising, fitness, and fun!

***For all media inquiries, contact Caitlin Hoff, Metro Fitness Social Media & Marketing Coordinator, 330.612.6787, caitlin@getmetrofit.com***

### **FITNESS SCHEDULE**

Les Mills BodyPump, 8:00 AM

Sunrise Yoga, 9:15 AM

Zumba, 10:30 AM

Les Mills Body Combat, 11:45 AM

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