



Try these fitness classes and support those who support us!

Fitness Calendar 2019

DATE/TIME	FITNESS STUDIO	CLASS	REGISTRATION/ COST INFO
SAT. OCT. 5 7:00 - 11:00 am	Pink Pledge STRONG BK Athletics, Sportsplex 85 Mill Plain Rd., Fairfield	CrossFit Competition with SOSF CrossFit & Chiropractic, BK Athletics, Rough House and CrossFit KMK	\$25 for individual, \$75 for team of 3. Register at https://www.eventbrite.com/e/pink-pledge-strong-a-crossfit-competition-tickets-72949212057
SAT., OCT. 5 10:00 AM	Black Rock Pilates 2889 Fairfield Ave. Bridgeport (203) 335-1987	Pilates Class 4 stations, 4 instructors	\$25 a class Register at blackrockpilates.com . Pre-class registration required.
TUES., OCT. 8 5:30 PM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield	Pilates Class Signature pilates class	\$25 a class Pre-registration required. Go to http://offers.clubpilates.com/fairfield-lp/pink-pledge-classes/ . Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
SAT., OCT. 12 7:00 AM, 8:15 AM, 9:30 AM & 10:45 AM	F45 Training USA 919 Post Road Fairfield	Hollywood Goes Pink! with full body high intensity interval training circuits. Work out to music played by our live in-studio DJ!	\$20 a class Register by using the F45 app or call (203) 836-3484. Pre-registration required. 3 classes available!
SUN., OCT. 13 9:00 AM	Fit Club 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield	Combo Class Fitness with Coach Chuck and Boxing with Coach David	\$25 a class
WED., OCT. 16 5:30 PM	Deeper Healing Yoga Park Ave. Medical Cntr West Pavilion 5520 Park Ave. 2Fl, #600	5 Gong Relaxation Session Heal the parasympathetic nervous system and melt stress away.	\$25 a class Register by emailing colleen@colleenreilly.com . 35 person max. Bring mat if you have one!
WED., OCT. 16 7:00 - 9:00 PM	StretchLab Sportsplex 85 Mill Plain Rd. Fairfield	Wine Down Wednesday Work with one of our trained flexologists who will guide you through a series of stretches custom designed for you	\$29 a person "Wine down" with a stretch and a glass of wine
SAT., OCT. 19 TIME TBD	CycleBar Sportsplex 85 Mill Plain Rd. Fairfield	Indoor Cycle Class	
SAT., OCT. 19 12:30 PM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield	Pilates Class Signature pilates class	\$25 a class Pre-registration required. Go to http://offers.clubpilates.com/fairfield-lp/pink-pledge-classes/ . Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
THURS., OCT. 23 11:30 AM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield	Pilates Class Signature pilates class	\$25 a class Pre-registration required. Go to http://offers.clubpilates.com/fairfield-lp/pink-pledge-classes/ . Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
FRI., OCT. 25 12:00 PM	Jarosa Studio 75 Hillside Rd. Fairfield	Pink Zen Day yoga class with light bites and pink champagne	Join us to go "zen" in honor of Pink Pledge. Proceeds from the class will be donated to Pink Pledge.
FRI., OCT. 26 TIME TBD	CycleBar Sportsplex 85 Mill Plain Rd. Fairfield	Indoor Cycle Class	
SAT., OCT 26	YMCA of Weston/Westport Water Rats 14 Allen Raymond Lane. Westport	Swim Meet for Pink Pledge Fundraising event for the swim team	Students will be swimming in honor of the patients of the Breast Center while raising money as a team
SAT., OCT 26	Dojo Fairfield 2317 Black Rock Tpke. Fairfield	Pink Pledge Kick-a-Thon Fundraising event for children and adult student	Students will be kicking for cancer as well as other fundraising opportunities during the event.
SAT., NOV 2	Dink for Pink Pledge Bigelow Center 100 Mona Terr. Fairfield	Pickleball Tournament	Fairfield Picklers are putting on a pickleball tournament for Pink Pledge!