

**OCT. 19, 9AM - 3PM**

# Adopt a Friend



**WHO?**

PLATTSBURGH STATE  
FITNESS CENTER WILL BE  
HOSTING A SPIN-A-THON.

**COST**

MUST BE A  
MEMBER OF THE  
FITNESS CENTER.  
COST \$25 FOR A TWO  
HOUR TIME BLOCK  
OF 9-11, 11-1, OR 1-3.

**WHY?**

OUR GOAL IS TO  
RAISE \$5,000 BY  
OCTOBER 31.  
ANY ADDITIONAL  
DONATIONS ARE  
WELCOME!

**WHERE?**

MEMORIAL HALL  
GROUP EXERCISE  
ROOM.

**SIGN UP**

