



Amy's Heart Challenge

Put your pedal to the metal to raise money for the Southern Tier Heart Walk!

Complete a cross-training and cycling duo class to raise awareness for heart health and the American Heart Association! Enjoy a full-body strength and conditioning workout, giving you the ultimate workout! Finish with a fun adventure ride in the Cycle Studio, where you will pedal through the finish line!

Your donation supports the American Heart Association's investment in research, education, and community outreach.

For more information, please contact
Pattie Stanko-Florance
patriciast@fitnessandwellness.org
607-306-2100 x110

Sunday, March 3

2 to 4 p.m. | Instructor Amy

\$25 Minimum Donation

All participants must register at the front desk and show receipt of donation.



Scan the QR Code to Donate!

You can donate to the Southern Tier Heart walk by scanning the code or visiting our team page here:
<https://bit.ly/LHFHeartWalk>

All proceeds benefit the American Heart Association.



American Heart Association.
Heart Walk.