

EXERCISE FOR OTHERS



Serving People in Need
Diocese of Rockville Centre

Saturday, October 28, 2017

Purpose of the event:

To raise funds for our Parish Outreach program and Catholic Charities
And to enhance *Dramatic Missionary Growth on Long Island.*

Event

"Exercise for Others"

Spin and Zumba to raise money for our Outreach and Catholic Charities!

How Can You Participate?

YOU CAN:

DONATE to our Team GO TO: exercise4others.org

CLICK ON: SPONSOR A SPIN TEAM and scroll down to click on our page:

Montfort Angels

IF YOU WISH TO JOIN OUR TEAM: Call Carol at: (631) 476-3860 or Mike at (631) 219-3543.

IF YOU WANT TO START YOUR OWN St. Louis de Montfort TEAM click on
Create a Fundraising Page

How does the Parish Benefit

St. Louis de Montfort will receive back 50% of all we raise to use for our own Outreach needs --the remaining 50% will be donated to Catholic Charities.

For more information, registration, or to make a donation, visit:

<https://www.exercise4others.org/>

Donations can be accepted by check made out to: Diocese of Rockville Centre:

Ref: E40 St Louis de Montfort

and mailed to: DRVC, Attn of E40, P.O. Box 4000, Locations of Events in Suffolk

Gold's Gym in Smithtown – Spin teams consist of 1 to 4 people riding "relay" for 3 hours per session.

Zumba Session: 11:30 am to 12:30 pm and Spin Session: 11:30 am to 2:30 pm

Wanda's WRP, Moriches: Spin teams consist of 1 to 3 people riding "relay" for 2 hours per session.

Zumba Session: 11:30 am to 12:30 pm and Spin Session: 12:30 pm to 2:30 pm