



# Fitness for a Cause



*Donations go directly to the Kids That Tri Program*

- Who** ➔ Anyone who is interested in a fun workout for a great cause!
- What** ➔ Full body workout!
- When** ➔ Saturday, March 5 | 9:00 am - 10:00 am  
*Cash donations taken upon arrival*
- Where** ➔ Parker Hannifin YMCA  
1301 E 9th St, Cleveland, OH 44114  
Studio One (second floor)
- Why** ➔ 100% of all donations will be used for Kids That Tri, a non-profit organization that introduces kids to the sport of triathlon.



Instructor Debbie Makowski is an ISSA certified personal and group trainer who is also certified in and has an extensive background in nutrition. She has 20 years of experience with group fitness and delivers a fun class that provides results.

All fitness levels are welcome and modifications are provided when needed.

To find out more about the Kids That Tri program, visit the website and/or QR code.

Website: <https://rockrollrun.com/kids-that-tri>



USA TRIATHLON  
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