



New Years Health and Wellness Expo 2010

Activities/Events:

- Spin Bike Marathon benefiting the East Texas Food Bank
- PIYO with Live Music
- Exhibition Area
- Fitness Contests (Push-Ups/Awesome Abs/High Jump)
- Tasty goodies from partner vendors
- Kids area featuring the Tumblebus
- Chair Massages
- Pilates Equipment Demonstrations

Advertising Opportunities:

- See attached

Contacts:

- Michael Prince 903-360-5360
- Melinda Prince 903-245-8727 melinda@360fitnessonline.com



New Years Health and Wellness Expo 2010

Business Name _____
(as it should read on the booth sign)

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Contact Person for EXPO _____

SPONSORSHIP SELECTION

_____ **VIP \$1080**

_____ **Platinum \$720**

_____ **Gold \$360**

_____ **Spin Bike Sponsorship
\$250**



New Years Health and Wellness Expo 2010

New Years Charity Spin Bike Marathon

Get your riders together! To kick off the Holiday Health and Wellness Expo 2010 and raise as much money as possible for the East Texas Food Bank, we are holding an 8-hour Spin Bike Marathon in Brookside Shopping Center next to Chili's on Loop 323!

Gather a group of friends, co-workers, or your entire company, purchase a bike sponsorship, and get ready to ride. Your goal is to keep your bike spinning for 8 hours, so recruit as many people as you can. For example, you could have 8 people ride for 1 hour each, 16 people ride for 30 minutes each... it is up to you!

As an added bonus, get creative and decorate your bike any style you choose. The best dressed bike (as decided by a vote of spectators) will receive an onsite fitness and stress management teambuilding bootcamp. What a great way to build company spirit, contribute to a great cause, and fit in a challenging workout!

10am – 6pm

**Presented By:
360 Fitness
And
East Texas Food Bank
Get Your Teams Together!
10 Teams**

SPIN BIKE MARATHON APPLICATION

(PLEASE PRINT)

Name _____ Age _____ Birth Date _____ Male / Female
Address _____ City _____ State _____ Zip _____
Email: _____
Phone (Home) _____ Phone (Cell) _____
In case of emergency notify _____
Phone _____

Waiver Release Statement: I hereby for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against 360 Fitness Center (the Center and all its representatives, directors, officers, employees and agents), for any and all loss, claims, injury, damages or liability sustained or suffered by me in connection with my participation at the Center by use of any of its facilities at any time from this date forward or any special event sponsored by the Center at another location.

I the undersigned agree that I am responsible for all personal medical insurance and the participant's family must cover any medical costs incurred. I also understand that every precaution is taken to protect the safety of each participant. I agree to emergency treatment by a physician or hospital in the event that I or the emergency contact listed cannot be reached.

Authorized Signature: _____ Date _____

If need be we can help place you on a team

Team name: _____ Team Captain: _____
Pledge Amount: \$ _____ Please Make Checks Payable to East Texas Food Bank

Spin Times Available: (Please circle one)
10am 11am 12pm 1pm 2pm 3pm 4pm 5pm

