

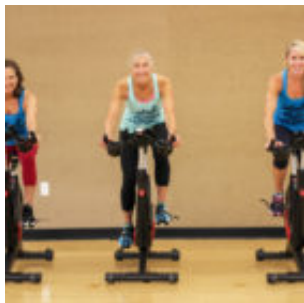
REMINDER: Darien Y Spin-a-Thon Sunday, Oct 14 Raises Funds for 'Revive' Cancer Rehab

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Categories : [Charity Events and Opportunities](#), [Darien YMCA](#), [Healthy Living](#)

Tagged as : [Ride for Revive 2018](#), [Spin-a-thons 2018](#), [Spinathons 2018](#)

Date : October 13, 2018



The Darien YMCA is holding a spin-a-thon fundraising event for the community on Sunday, Oct. 14 to benefit their “revive” cancer rehabilitation program.

The event will include 3 back-to-back classes of 1 hour each starting at 9:15 a.m. Darien Y spin instructors, Cheryl Curthoys, Keri Harden, Alli Taylor Mannle, and Beverly Wagner will teach all three classes together.

— *an announcement from the* [Darien YMCA](#)

Participants can register for 1, 2, or all 3 of the 1 hour classes. 1-2 classes cost \$30 each for members, \$40 each for non-members including a raffle ticket to win a free massage for each ride completed.

A purchase of all 3 rides is \$75 for members, \$105 for non-members including a raffle ticket to win a 6-month membership for each ride completed.

Registration in advance is required [online](#) or at the Darien Y’s front desk.

The Darien YMCA’s “revive” cancer rehabilitation program is open to local residents who are currently undergoing or have undergone treatment in the past year.

The program is complimentary and its goal is to provide patients with renewed stamina for day-to-day living.

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Revive participants receive twelve one-hour personal training sessions each week with one of the Y's certified Cancer Exercise Specialist (CES) trainers.

They also receive a complimentary 3-month membership to the Darien YMCA, including access to the Wellness Center, pools, group fitness classes and other amenities. The program is made possible through fundraising events and private donations.

For details or to register online, please visit the [Darien YMCA website](#).

The Darien Y's Wellness Center is available to answer questions at 203-655-8228 ext. 1322 or by emailing Jess Van Sciver at jvansciver@darien-ymca.org.