

DO YOU...

*have an old bike collecting dust?
need to start your spring fitness program?
want a great deal at your local bike shop?*

Do it all in 3 easy steps!!

1.



DONATE YOUR OLD BIKE by 4/30/11

R Community Bikes is a grassroots organization that collects and repairs used bicycles for distribution, free of charge, to Rochester, NY's most needy children and adults. Their mission is meeting the basic transportation needs of those in the community who depend on bikes for recreation as well as for transport to work, school, rehabilitation programs, and training sessions.



Drop off Site

Mindful Body Pilates & Yoga
249 Highland Ave. – CCE Bldg
Rochester, NY 14620

Drop off hours:

Mon-Fri: 8am-Noon & 4pm-7pm

Sat: 8am-11am Sun: closed

Entrance is at the back of the CCE building

585-242-9642(yoga)

MindfulBodyPilatesYoga.com

2.

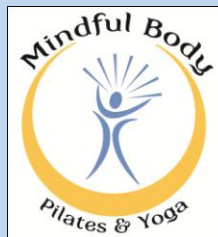


GET 50% OFF PILATES & YOGA CLASSES

Mindful Body Pilates & Yoga

offers 20 regularly scheduled Pilates & yoga classes each week. All are walk-in. The lovely, light filled studio is conveniently located in the Cornell Cooperative Extension building and is the newest partner of the Healthy Monroe initiative.

MindfulBodyPilatesYoga.com



5 classes for \$25

Drop off your donated bike at the studio & purchase 5 classes for just \$25. (reg. \$50)

Don't have a bike to donate but still want to help? Make a \$25 donation at the studio to R Community Bikes & receive the discount.

You will receive a receipt with your bike or cash donation.

Offer valid through 4/30/11

3.



AND SAVE AT YOUR FAVORITE BIKE SHOP

Participating Bike Shops

RV&E Bike and Skate: 40 N Main St, Fairport, 585-388-1350

Bike Zone: 2100 Ridge Rd West, Greece, 585-225-7960

Full Moon Vista Bike & Sport: 661 South Ave, Rochester, 585-546-4030

Pedallers Bike Shop: 2511 E Henrietta Rd, Rochester, 585-334-1083

Towners Bike Shop: 1048 University Ave, Rochester, 585-271-4553

Park Ave Bike Shop: 8051 Rt96, Victor, 585-425-1501

Sugar's Bike Shop: 2139 N Union St, Spencerport, 585-352-8300

Bert's Bike & Fitness: 100 Jay Scutti Blvd, Henrietta, 585-424-2777

Towpath Bike: 3 Schoen Place, Pittsford, 585-381-2808

**Get 20% off
any bicycle
accessory**

when you show your bike donation receipt at the time of purchase.

Sale items and special orders excluded
Offer valid through 4/30/11

Offer may vary slightly by shop