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GETTING IN GEAR: GoodLife Fitness Club managers Ken Van de Haar and Caroline Peddie race each other on their stationary bikes as Christina MacKay of Halton Women's Place and GoodLife member Fred Douglas pump iron in preparation for the club's Summer Cycle event.

GoodLife's Summer Cycle for charity

GoodLife Fitness will spin its wheels for charity July 15 during the fourth annual Summer Cycle.

The fundraiser and family fun day will run from 8 a.m. to 1 p.m. and will benefit three charities — Halton Women's Place, the Stephen Lewis Foundation and the GoodLife Kids Foundation.

It'll feature hourly cycling and body pump

classes taught by internationally-acclaimed fitness guru Maureen Hagan. There'll also be children's activities, vendors, a silent auction and barbecue.

Those interested in participating must raise a minimum of \$150 in pledges. Local residents are invited to cheer them on and take part in the day's activities. To register, call Sara Nasato at (905) 876-FIT3 (3483).

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