



FITNESS CHALLENGE 2021



2019 CNSF Soul Cycle Event – Join the fun in 2021!

Back, by popular demand!

The 2019 CNS Foundation Exercise Challenge in San Francisco was so popular, this year we are doubling your fun in Austin. **Limited capacity for each event, certain to sell-out.**

Simply sign up when you register or edit your registration record to add one or both events.

Sign up: www.cns.org/2021

Schedule and Information for CNSF Fitness Fundraiser Events:

Team Rowing Competition

- Sunday, October 17th; 6:00 – 7:00 am
- Four-person team competition on ergonomic machines (Ergs) at private rowing club.
- Short walk from JW Marriott, on Lake Austin

HIIT team competition (High Intensity Impact Training)

- Monday, October 18th; 6:00 – 7:00 am
- Three (3) teams of up to 20 participants. Equipment and instructors for each station provided.
- Held at the JW Marriott Austin.

Participation Details:

- No previous experience necessary
- Advanced registration required. Sign up with your team in advance or be assigned upon arrival (space limited.)
- Participants may register for single or both events, space permitting.
- Registrant may sponsor self or pay for a team of up to four participants.
- Proceeds benefit the CNS Foundation
- Must be registered with the CNS Annual Meeting in Austin, Texas
- Attire: sweat-wicking, close-fitting work-out attire. Because of ergonomic machines, please do not wear loose, baggy shorts.
- T-shirts for every participant (while supplies last.)

We look forward to seeing you and sweating for a great cause!

Questions? Please contact Ellyn Shapiro at eshapiro@cns.org or call 847-805-4472.