



Fitness fans in a spin after raising funds to fight cancer

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A REDBANK Plains gym has used pedal power to raise almost \$2000 to help in the fight against childhood cancer.

Lifestyle Redbank Plains group fitness manager Viv Abraham said members cycled 2448km in four weeks on spin bikes as part of the Great Cycle Challenge.

"It was a great opportunity to help members with their fitness while raising money for research into kids' cancer," she said.

"A lot of our members are mums so we wanted to give as much as we could."

Ms Abraham, who rode 300km during the four weeks, said members set personal goals and worked hard to reach their targets on the gym's spin bikes.

"Spin cycling is promoted as the fastest way to burn body fat because of the constant intensity," she said.

"Consistency was the biggest thing. Participants definitely got bike fitter and finished the challenge feeling stronger."

For more on how to get involved with the fundraiser visit <http://www.greatcyclechallenge.com.au>.