

**FRIDAY 5 SEPTEMBER**  
**12-HOUR**  
**SPIN BIKE**  
**CHALLENGE**



The Big Spin is the perfect team-building challenge to achieve your fitness goals and make a difference to sick kids staying at Ronald McDonald House.



On the day, you'll experience:

- Spin instructors, music and lights inside a high-energy marquee
- Food trucks, prizes, competitions and giveaways
- Our kids and their families cheering you on throughout the day
- Stunning views of Sydney Harbour and the Opera House

We'll provide the spin bike, high-energy atmosphere and support... you just need to get on your bike and ride.

**SCAN HERE**

**TO SIGN UP YOUR  
TEAM TODAY!**

[thebigspin.com.au](http://thebigspin.com.au)

RIDE WITH ICONIC SYDNEY HARBOUR VIEWS ON  
**BENNELONG LAWN**

AND SUPPORT THE FAMILIES OF SICK KIDS WHO  
RELY ON RONALD MCDONALD HOUSE.

