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CLASS SMASH: A FOOD & FITNESS BASH

Get Fit for Charity!

Tickets are now available for this fun & inclusive fitness event!

Toronto, ON. March 10, 2017– Richardson GMP - The Steele Investment Management Group presents *Class Smash: A Food & Fitness Bash*, a fun, energetic event that will feature fun fitness classes, followed by a cool down and social. The event will take place on Sunday, March 26th from 2:00 P.M. to 7:30 P.M. at 99 Sudbury, where all of the proceeds raised will be donated to both [The Humber Scholarship Fund](#) and [The MS Society of Canada](#).

Participants have the option of either our **Class Smash Ticket** (\$35) or our **VIP Surf's Up Package** (\$50). All guests will have the opportunity to enjoy both a POUND fitness and yoga class, plus healthy treats to snack on, a raffle draw and much more! With the upgrade to VIP, guests will participate in a SURFSET class, a complete balance and core surfboard workout on land as well as a beginners kickboxing class.

There is currently no known cure for MS, however it has been found that exercise can help patients with the disease retain flexibility and balance, promote a sense of well-being and prevent complications from inactivity. The *Class Smash* Team is looking to inspire individuals through our event to feel motivated, healthy and strong.

Tickets are now available for online purchase at our website: <https://www.class-smashto.ca/>

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