

APPEARANCES BY CURRENT PHILADELPHIA EAGLES CHEERLEADERS

CHARITY EVENT

Join TEAM PHILADELPHIA EAGLES CHEERLEADERS & raise funds for the 2024 Eagles Autism Challenge.

Stay for all 3 hours or come and go!



*Vendor Fair & Concessions 10-1

FUN FITNESS FEST
Kirby Sports Center Lafayette College
For All Ages & Fitness Levels!



April 27, 2024
10 AM - 1 PM

REGISTER AT

heathergidusko.com
or scan QR Code



- 10:00-11:00 Philadelphia Eagles Cheerleaders
- 10:00-10:15 John DeRosa LIVE Music
- 10:00-10:15 Heather Gidusko: Warm-Up
- 10:15-10:20 Lafayette Cheer & Dance Perform
- 10:20-10:40 Heather Gidusko: *BootCamp*
- 10:40-11:05 Traci Swanson: *Zumba*
- 11:05-11:10 Lafayette Dance Team Perform
- 11:10- 11:35 Adrienne Perrett: *BarreCamp*
- 11:35-12:00 Karolina Stemplowska: *Circuit*
- 12:00-12:25 Angie Fenstermaker: *Yoga Tone*
- 12:25-12:55 Emma Lacey: *Indoor Cycle Circuit*
- 12:55-1:00 Heather Gidusko: *Cool-Down*
- 10:00-1:00 Brad Modrich: *Fun Fitness Challenges*

SUGGESTED DONATION:
ADULTS \$20/KIDS \$10

Heather Gidusko 
girl with a game plan

