



Odessa Schexnaydre fractures her skull in accident.

Our very popular spin instructor collided with a cyclist while running on Saturday, Feb. 4. She is home recovering and has a long road to recovery ahead of her.

Expecting a full recovery, Odessa's biggest challenge will be staying put for 8 weeks while her fracture heals.



Odessa with member Dave Carter in a cookie smack down.

How Can You Help?

DONATE:

Charge to Account or Checks payable to:
Odessa Schexnaydre

PARTICIPATE:

Mini-spin-athon:

Join members and staff

February 18

12pm – 3pm.

\$20 minimum donation per hour.

Details on-line at

montecitoheights.com

BAKE:

Make a meal for her family:

Odessa and her family (2 young boys) would appreciate meals (especially those including chocolate!). Please email dionnedf@gmail.com for dates and details.

“You can do anything for 2 minutes!”

Odessa's famous words while encouraging her students to finish a tough workout.

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