

**For Immediate Release**

### **TIME TO GET FIT FOR THE CURE**

**Bridgetown, Barbados, 03 July 2023.** Activities leading up to the biggest walk for a cause in the Caribbean have already started, with the Annual Walk for the Cure set to take place on Sunday October 1<sup>st</sup> 2023.

On Saturday July 8<sup>th</sup>, members of the CIBC FirstCaribbean team, their families and friends will descend on the bank's satellite car park in Warrens Industrial Park for a super energetic work out with Spinny - the popular work out artist who will conduct what he calls a Cultural Session or a Pelt Waist Business Class.

This session, which will be conducted by the Certified Personal Trainer who incorporates his training with his background in dance, is expected to be fully subscribed, so interested persons are asked to sign up before the morning of the session.

CIBC FirstCaribbean Walk Manager 2023, Samantha Suttle stated "when the idea was brought to the Walk for the Cure Committee as one of our lead-up fund-raisers, we thought it a great idea which tied in well with the fitness goals of the committee. The timing of it around Crop Over when people are trying to get fit for their costumes was perfect. We also tried to find a day when we wouldn't compete with the major crop over parties."

Spinny explained that some of his clients who wear fitness watches have testified that they burn more calories in his energetic dance sessions than in a 'regular' aerobics class.

The former member of the Spin Pooch Inc Dance group also confirmed that when people do his classes leading up to the festival, it helps them better manage the jump down to the Mighty Grynner Highway, as they don't get tired on the road on Kadooment Day.

He has also conducted classes in London, New York, Washington DC, Montreal and Toronto having been invited to these international cities.

The warm-up session just prior to Spinny's class will be conducted by the CIBC FirstCaribbean Fitness Ambassador Gina-Lee Sheppard who is a member of staff at the bank and also a Certified Personal Trainer. She promises to conduct a dynamic workout of stretching and light exercises to warm up the body in preparation for Spinny's class.

The public is invited to sign up by emailing [Kelvine.jordan-rowe@cibcfib.com](mailto:Kelvine.jordan-rowe@cibcfib.com).

Ends

Photo captions:



Spinny and Gina-Lee Shepherd

### **About CIBC FirstCaribbean**

CIBC FirstCaribbean is a relationship bank offering a full range of market leading financial services through our Corporate and Investment Banking, Retail and Business Banking and Wealth Management segments. We are located in thirteen (13) countries around the Caribbean, providing the banking services through approximately 2,700 employees in 49 branches and offices. We are one of the largest regionally listed financial services institutions in the English and Dutch speaking Caribbean, with US\$13 billion in assets and market capitalization of US\$1 billion. We also have a representative office in Hong Kong that provides business development and relationship management for our fund administration. The face of banking is changing throughout the world and CIBC FirstCaribbean intends to lead these changes with the expertise, integrity and knowledge gained from banking in the Caribbean since 1836.

CIBC FirstCaribbean is a member of the CIBC Group. CIBC is a leading Canadian-based global financial institution with 11 million personal banking and business clients. Through our three major business units - Retail and Business Banking, Wealth Management and Capital Markets - CIBC offers a full range of products and services through its comprehensive electronic banking network, branches and offices across Canada with offices in the United States and around the world.

For more information about CIBC FirstCaribbean, visit [www.cibcfib.com](http://www.cibcfib.com), [Facebook](#), [Twitter](#), [LinkedIn](#), [Instagram](#) or [YouTube](#).

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