



Paxton Campus

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Paxton Campus Teams with CycleLuv for Autism Awareness Class

Leesburg, Va, April 7, 2015 -- In recognition of Autism Awareness month, CycleLuv indoor cycling studio is hosting not one, but TWO fundraising rides to benefit Paxton Campus on Sunday, April 19th at 4:00pm and 5:15pm. The classes are one hour and cost \$20/person at the door. Reserve your bike at www.cycleluv.com.

"We would like to thank Iris for donating her time and studio to acknowledge the great work that Paxton Campus does for kids and young adults with autism," said Jennifer Lassiter, Executive Director of Paxton Campus. "We hope to see two full classes on the 19th, filled with people pedaling for Paxton."

Iris Kotmel, CycleLuv's owner and class instructor, says people don't need have a membership, experience or special equipment to attend the classes. "All you have to do is stay on the bike and do your best," she said. "It's about fun, fitness and helping Paxton's kids."

All of the proceeds from the two classes will benefit The Barns of Paxton, an \$8 million, multi-building complex to offer specialized services for people with disabilities and their families. The historic stone barns on Paxton's 17-acre property are being repurposed and incorporated with new construction to create a fitness center, performing arts stage and art gallery space, a behavior therapy clinic, and more.

The Barns of Paxton will also serve as a place of employment and vocational training for the students and staff of the Paxton programs. Not only will the Barns of Paxton serve people with autism and other developmental and intellectual disabilities, the Ability Fitness Center will be part of the Christopher & Dana Reeve Foundation's Neuro-Recovery Network and will provide exercise equipment for people with spinal cord injuries, brain injuries and other mobility limitations. This state-of-the-art project is also eco-friendly and will be the only of its kind in the Mid-Atlantic region when complete.

ABOUT PAXTON CAMPUS: At the Paxton Campus, it is our mission to maximize the potential of children while supporting families and individuals with disabilities so that they may thrive in the community. Programs on the campus include [The Aurora School](#); [Open Door Learning Center](#) preschool; STEP Up Vocational Training program for adults (with [Maggie's Closet](#) and Paxton Attraction as training facilities); and [ALLY Advocacy Center](#) ("A Life Like Yours") Advocacy Center, all devoted to serving people with disabilities and their families, as well as helping children of all abilities thrive in our community.

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ABOUT CYCLELUV: CycleLuv, Loudoun County's first dedicated indoor cycling studio, opened in Leesburg two and a half years ago by Iris Kotmel, an accomplished certified spinning instructor. It has been voted 'Best Gym' in *NoVA Magazine* and *Virginia Living* magazine and has also won several "Best Of" reader survey polls in Loudoun County publications; including 'Best Place to Get Fit' and 'Best Spinning Studio' categories. Iris recently taught her 1,000th class at CycleLuv. www.cycleluv.com

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