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Ladies, get crunching

Ladies Workout Express at 3924 Third St. S. in Jacksonville Beach is encouraging women to train for the national Ab Crunch Challenge that will take place on Saturday, March 29. The fitness challenge at 200 Lady of America, Ladies Workout Express and Work Out Express locations across the country is expected to raise \$1 million for St. Jude Children's Research Hospital.

Ladies Workout Express members and non-members may participate in a free 10-week training beginning this month to build strength and endurance to perform stomach crunches for one hour straight on the day of the Ab Crunch Challenge.

While there is no cost to participate in the 60-minute ab crunch classes, Ab Crunch Challenge participants will raise money for St. Jude by recruiting friends, family members and co-workers to sponsor them in their effort.

These funds will help St. Jude in its fight against childhood cancer and other diseases.

For more information, call 242-9009.