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In Brief:

Lady of America to host 'crunches' challenge

Lady of America in Jupiter has launched a free 10-week training period so those who want to participate in the nationwide Ab Crunch Challenge on March 29 will be able to get in shape.

The event will take place more than 200 Lady of America locations across the country to raise \$1 million for St. Jude Children's Research Hospital, including the local Lady of America Fitness Center at 6743 W. Indiantown Road, Suite 31 in the Jupiter West Plaza.

Members and non-members alike may participate in the 10-week training period to build up strength and endurance so that they can perform stomach crunches for one hour straight during the Ab Crunch Challenge on March 29.

The training will take place Mondays at 9:15 and 11:15 a.m. and 6:15 p.m.; Thursdays at 11:15 a.m. and 6:15 p.m.; Wednesdays at 10:15 a.m. and 7:15 p.m.; Thursdays at 5:15 p.m.; Fridays at 9:15 a.m. and 6:15 p.m. and Saturdays at 10:15 a.m.

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