
January 30, 2008

NOTES

Lady of America Fitness Center is taking part in the National Fitness Challenge to benefit St. Jude's Children's Research Hospital. On March 29, the center will hold an Ab Crunch Challenge. Members and non-members are invited to participate in a free 10-week training session beginning this month to build up strength and endurance to perform stomach crunches for one hour during the Ab Crunch Challenge. These ab crunch training classes will help improve core fitness. Sessions are 9:15 and 11:15 a.m. and 6:15 p.m. Mondays; 11:15 a.m. and 6:15 p.m. Tuesdays; 10:15 a.m. and 7:15 p.m. Wednesdays; 5:15 p.m. Thursdays; 9:15 a.m. and 6:15 p.m. Fridays; and 10:15 a.m. Saturdays and will be held at the center, 6743 W. Indiantown Road, Jupiter. Call Carol Jacoby at (561) 745-2355 or (561) 818-2132.