

# Ab Crunch Challenge Aids St. Jude's

Beginning this month, Lady of America fitness centers, including Ladies Workout Express, Falmouth Mall Marketplace, will be challenging women to choose an exercise program that benefits others in need while training for the national Ab Crunch Challenge on Saturday, March 29, at over 250 Lady of America, Ladies Workout Express and Workout Express locations across the nation.

The challenge is expected to raise \$1 million for St. Jude's Children's Research Hospital.

Members of Ladies Workout Express, as well as nonmembers, may participate in a free 10-week training, beginning this week, and continuing Monday through Friday, at 9 AM or 4 PM and Saturday and Sunday, 8 AM or 10 AM, with ad hoc classes also. Endurance and strength will be built up in order for participants to do stomach crunches for one hour straight on March 29.

While there is no cost to participate in the ab crunch classes, Ab Crunch Challenge participants must 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 ongoing fight against childhood cancer and other life-threatening diseases.

For more information on training classes or to register, call 508-457-1850. For more information on the Ab Crunch Challenge and to support a participant, go to the website [abcrunchchallenge.org](http://abcrunchchallenge.org).