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Training for the Ab Crunch Challenge are (from left) Cheryl Atherton, Elizabeth Bailey, Adrienne Okon, and Ladies Workout Express staff member Erin Stacey, all of Falmouth. The women are in training for the Ab Crunch Challenge on Saturday, March 29. The challenge is expected to raise \$1 million for St. Jude's Research Hospital. The training sessions at Ladies Workout Express are free for members and nonmembers. The challenge itself will require participants to raise pledges for St. Jude's Hospital. Endurance and strength will be built up in order for participants to do stomach crunches for one hour straight on March 29. 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.

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