

FOR IMMEDIATE RELEASE
October 13, 2003

South Mountain Fitness Center
Exercise-a-Thon to benefit Girls Action Network, Inc.
October 25, 2003
8:15 a.m. – 1:15 p.m.
South Orange, New Jersey

South Mountain Fitness believes in supporting organizations that promote fitness for today's youth. South Mountain Fitness in cooperation with South Orange Chiropractic & Jo And Rob Family Health Consultants is the proud sponsor of the 2nd Annual Exercise-a-Thon to benefit this year's selected charity, Girls Action Network, Inc. The Exercise-a-Thon will be held at the South Mountain Fitness Center in South Orange, New Jersey from 8:15 a.m. to 1:15 p.m.

- DATE & TIME:** **Saturday, October 25, 2003**
Classes begin: 8:15 a.m., 9:15 a.m., 10:15 a.m., 11:15 a.m., and 12:15 p.m.
- LOCATION:** **South Mountain Fitness Center**
20 Valley Street - South Orange, New Jersey 07079 phone: (973) 763-3808
- AGE CATAGORIES:** **15 and up**
- CLASS SCHEDULE*:** **8:15 a.m. – Kickboxing**
9:15 a.m. – Body Sculpting
10:15 a.m. – Island Jam Session
11:15 a.m. – Step Aerobics
12:15 a.m. – Yoga *(All classes: 1 hour. Schedule subject to change)
- REGISTRATION FEE:** **Pre-registration \$12.00 must be received no later than October 18.**
Event Day Registration fee is \$15.00
(Earn additional donations for GAN through pledges for your workout participation.)
Registration & Pledge forms available at SMFC and South Orange Chiropractic.
- HEALTH SCREENING & COUNSELING:** **Two hours of health screening to commence at 11:00 a.m.– FREE!!!**
- South Orange Chiropractic Representatives:**
Dr. Stephen Levine ♦ Dr. Alan Cebulski ♦ Dr. Tom Basile
- Jo and Rob Consulting LLC Representative:**
Joretta Strayhorn Crump, MAEd, CSAPC, RHEd

Founder, Elisa M. Westfield, and South Orange Resident and Ileana Griffiths, Westfield's yoga instructor at South Mountain Fitness, were recently featured in the national publication, **Heart & Soul** magazine around the importance of fitness and its role in the Girls Action Network mission.

Pre- registration forms are available at South Mountain Fitness Center and South Orange Chiropractic. Participants can also register at the event. For additional information about GAN, please visit www.girlsactionnetwork.org.