

Fitness Fundraiser



For Victims of the Earthquake in Haiti

9h00 to 12h30

Saturday, 6th February 2010

at the American Church Community Centre

Open to all! Fitness participants, please reserve your places now!

All proceeds will go directly to **GOAL**, an international humanitarian agency dedicated to alleviating the suffering of the poorest of the poor. It is a non-denominational, non-governmental and non-political organisation.

See www.goal.ie

Donation: 10€ per class

Don't feel like a workout?

Please come by and watch classes or chat with fitness experts, for a minimum donation of 10€, or a donation of your choice.

Or participate as a sponsor:

donate 50€ and get a booth at the event.



Latino Mix (9h30-10h10)

*Fun and easy to follow low-impact workout that uses sizzling Latino dance moves such as Cha Cha, Salsa and Mambo, led by **Fred Hoffman**.*

Body Sculpt (10h20-11h)

*A little warm-up, a little weight work, a little balance – adds up to a challenging, fun & energetic workout, led by **Alison Benney**.*

Cardio Street Dance (11h10-11h50)

*A high-energy, invigorating workout using movements from hip hop, street dance and fitness, led by **Mary Ellen Bono**.*

----- Yoga Stretch (12h-12h15) -----

*A series of precise, flowing movements designed to cool down, increase flexibility and relax muscles, led by **Fred Hoffman**.*

Space is limited. **To reserve your place in each class, please email awbenney@wanadoo.fr.**

For more information, tel: 01.47.53.04.56.



Doors will open at 9h00 for registration and coffee.

10€ donation per class – but feel free to give more!

Changing room available, but there are no lockers and limited shower space.

Please be sure to bring drinking water.

Classes are at a level accessible to all.

Please make your checks out to **GOAL**
and mail to Alison Benney, 15 rue Amélie, 75007 Paris

The American Church in Paris, 65 quai d'Orsay, 7ème, Métro Invalides, tel: 01.40.62.05.00.

www.acparis.org