

Local Fitness Studio Supports Ronan Thompson Foundation

Written by Kirstina Bolton

Thursday, 13 September 2012 14:21 -



EXTRA! EXTRA!

The Body Lab Pilates+, Arizona's first licensed Lagree Fitness studio, is hosting a pilates-a-thon to raise funds for the one and only Ronan Thompson Foundation.

Mark your calendars for October 28 from 7 a.m.-12 p.m. Classes start every hour on the hour. Refreshments will be served. People can sign up for as many classes as they like, with a commitment of raising, or donating a minimum of \$250 per class that they attend. The Pilates-a-thon is open to everyone. No experience is necessary, but be prepared for the most dynamic heart pounding, shirt drenching workout you have ever had!

To learn more, visit www.thebodylabaz.com