

April is Autism Awareness Month.

In support of Autism Speaks, the Mandell Jewish Community Center (JCC) Presents A TWO HOUR Boot Camp! A \$30.00 donation is encouraged!

PEOPLE OF ALL AGES AND ABILITIES, MEMBERS AND NON-MEMBERS ARE WELCOME!

Boot Camp is a fun filled way to exercise with the benefit of experienced trainers in the comfort of a group setting. On **Sunday, April 26, 2009**, from **12:00 – 2:00 p.m.** you will:

- ❖ Challenge yourself with basic drills to awaken the inner child in you while having fun!
- ❖ Expect to work at your level – different methods for different levels of fitness!
- ❖ Gain muscle mass and flexibility while gaining knowledge about Autism at the information table!
- ❖ Know that by working out you are benefitting not only your body but the many great programs Autism Speaks supports (www.autismspeaks.org)!

If you enjoy this experience, there are more intense Boot Camp classes being offered at the JCC. See www.mandelljcc.org for details.