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Almaden Valley Athletic Club Hosts Fundraisers in Honor of National Breast Cancer Awareness Month

AVAC To Host Kick-It Cardio to Kick Cancer, Pilates for Pink and Annual Holiday Boutique to Raise Funds for Breast Cancer Research

SAN JOSE, CA, October 10, 2008 **/24-7PressRelease/** -- Almaden Valley Athletic Club, the Bay Area's premier, award winning family facility that offers total health, fitness and wellness programs for all ages, will host three fundraisers throughout the month of October to raise funds for breast cancer research.

"October is National Breast Cancer Awareness Month and the perfect time to help raise awareness about breast cancer and funds for research," said Joe Shank, co-founder and owner of AVAC. "Breast cancer is a disease that affects many within the Bay Area. As a leading health and wellness facility, AVAC believes we must help educate the community and support local non-profit breast cancer organizations such as the Bay Area Breast Cancer Network. We're proud to open our doors to the community and invite everyone to participate in such a worthy cause."

AVAC will officially kick-off National Breast Cancer Awareness Month with its annual Holiday Boutique followed by specialty fitness classes 'Kick-It Cardio to Kick Cancer' and 'Pilates for Pink'. The events offer the following:

AVAC's Holiday Boutique: Open from 9 a.m. to 9 p.m., Mondays and Tuesdays beginning October 6 through November 11. The public will have the opportunity to purchase specialty items such as jewelry, clothing, children and baby accessories and toys, spa products, party baskets, fall accessories and more. Twenty percent (20%) of vendor proceeds will go to the Bay Area Breast Cancer Network.

Kick-It Cardio to Kick Cancer: To be held on Friday, October 10 from 6 p.m. to 7:30 p.m. The class consists of 30 minutes of spinning, 30 minutes of kick-boxing and 30 minutes of ZUMBA - the Latin inspired dance workout that combines fast and slow rhythms with resistance training to tone and sculpt your body while burning fat. A minimum donation of \$25 will guarantee one of 45 spaces with all donations going to the Bay Area Breast Cancer Network.

Shape Magazine's Pilates for Pink: As a "Pink Partner" AVAC will offer a special Pilates class on Saturday, October 18 from 9:15 a.m. to 10:30 a.m. with all donations going to The Breast Cancer Research Foundation. A donation of \$10 or more is required.

"At AVAC we understand the importance of exercise and its impact on potentially avoiding or delaying illnesses," said Sue Davis, general manager of AVAC. "As a result, we offer a variety of creative fitness classes to ensure our members enjoy their workouts and embrace an active lifestyle. If we can do that while supporting a very worthwhile cause, even better!"

AVAC's month-long support of breast cancer-related activities are open to the public. To participate, contact the Club at (408) 445-4900 or visit www.avac.us/AVACGoesPink. AVAC is located at 5400 Camden Avenue in San Jose, CA.

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