



## WORKOUT TO HELP FIGHT BREAST CANCER

**Los Gatos Pilates** is pleased to announce its participation in the *Shape Magazine* nationwide initiative to raise awareness and funds on behalf of the **Breast Cancer Research Foundation**.

October is National Breast Cancer Awareness Month. We are thrilled to be involved in the fundraising efforts for this worthy charity and encourage you to take part in one or more of the scheduled classes of your choice. Please feel free to donate any amount you wish above the regular cost of the class. *All proceeds from the classes will be donated.* You are also welcome to drop off a tax-deductible donation by check or cash at Los Gatos Pilates.

For more information about The Breast Cancer Research Foundation, please visit the website at: [www.bcrfcure.org](http://www.bcrfcure.org).

### **Some basic facts about Breast Cancer:**

- ❖ Aside from some skin cancers, it is the most common cancer in women, no matter what race or ethnicity.
- ❖ Breast cancer affects men and women.
- ❖ A person who exercises four hours per week reduces his or her risk of breast cancer. Exercise pumps up the immune system and cuts the estrogen level.

**WHEN: Sunday, October 26<sup>th</sup>, 2008**

**WHERE: Los Gatos Pilates, 16 Lyndon Ave Los Gatos 95030**

### **CLASSES OFFERED:**

**9 am: Multi-Level Mat - \$15**

**9 am: Int Group Pilates Apparatus - \$35**

**10 am: Beg and Int Group Pilates Apparatus - \$35**

**\* Multi-Class Discount: Mat and Apparatus combo - \$40**

### **TO SIGN UP:**

**[info@lqpilates.com](mailto:info@lqpilates.com) or 408-399-7577**