



Harbor Fitness Combats Autism!

For Immediate Release—March 2008. Through a week-long sweat-fest of benefit group fitness classes and a fundraising drive, Harbor Fitness was able to raise over \$3500 for HeartShare Human Services' Autism Programs. From Friday, March 7-Thursday, March 13th Harbor Fitness members balanced their mind and bodies in a live drumming yoga class, sweat through 80's and Zumba dance and Disco spin classes, and sculpted their bodies through Pavarotti Pilates and Rock and Roll Boot Camp! The week-long fitness event culminated in a sold-out, two hour live DJ Spinning Ride and Party in their newly renovated Spinning Studio at their Park Slope location with Five Star DJ's Entertainment Inc, Piramide Restaurant and the Lordz of Brooklyn. Local business including Colluccio's and restaurants such as Magnolia, Peppino's, Mangia, Chadwick's and Fushimi provided gift certificates for the highly successful raffle sales.

Autism is a developmental disability caused by a neurological disorder that is found in children under the age of three. Of late, New York State has seen an incredible and alarming 300% percent increase in the incidence of autism among school children, 70% of which are within New York City.

HeartShare, a human services agency that has been dedicated to improving the lives of those in need of special services and support, has recently launched a Brooklyn-based school that employs Applied Behavior Analysis (ABA) and TEACCH therapies for school-age children with autism and an adult day program for young adults with autism-both "firsts" in the Brooklyn community.

With locations that are open 24 hours in Bay Ridge and Park Slope. Brooklyn, **Harbor Fitness** offers a wide variety of group fitness classes such as spinning, kickboxing, yoga and pilates. Both locations offer free child care and the latest in cardio and strength training equipment.

For More information call one of our locations, Bay Ridge – 718-238-9400 or Park Slope 718-965-6200 or visit us on line at www.harborfitness.com.

For editorial inquiries contact Jodi Heywood at 917-561-3717 or jodih@harborfitness.com. # # #

We are the best part of a member's day...every day

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www.harborfitness.com