

Join Hawaii's own Fitness Celebrity for a dynamic workout!

Special Fundraising Class

Saturday, May 8th 2010

**2:00-3:15pm
Studio 1**

***Suggested \$10 Donation or New Toy Donation**

Open to Members and Non-Members!

Register by calling the front desk @ 543-3910



GILAD

Event sponsored by Honolulu Club, Gilad Fitness Adventure Camp, and HUGS Foundation

Gilad has spent his career inspiring millions to exercise. He launched his first TV show right here in Hawaii, called "Bodies in Motion," in 1983. It was ESPN's first fitness show and now the longest running fitness show ever. It has aired in over 80 countries. Currently "Bodies in Motion" and "Total Body Sculpt with Gilad" can be seen numerous times a day on FitTV. In addition to the television shows, Gilad has produced over 30 award winning instructional fitness videos. Gilad was inducted into the United States Fitness Hall of Fame in March 2007

Fundraising



HUGS Help, Understanding & Group Support

HUGS improves the quality of life for families who face the emotional and financial hardships of caring for a seriously ill child.

Profits raised from event will be contributed to the Hugs Foundation.

Gilad's Fitness Adventure Camp

Join Gilad on the Big Island, June 13-19

for a fun filled week of fitness and health.

For More Information go to www.giladcamp.com



**HONOLULU
CLUB**

For More Information contact : Bianca Moxey @ 543-3970