

You Thought You Loved Our 3rd PhillyFIT Bash?

Check Out What's Coming for the

4th PHILLYFIT Bash!

May 21, 2006 11am to 4pm

We Had 150 Vendors and 10,000 Attendees

This GIANT Outdoor Event is Jam Packed with Everything You Expect at a PhillyFIT BASH Plus a New Layer of Fun...

This is Community and Camaraderie at its Best!

THE BASH

1

150 VENDORS - LIVE 8-Piece BAND

Live Non-Stop Workout Demos to Include:

- Pilates
- Karate
- Core training
- Dance
- Spinning and so much more!
- Tae Bo
- Yoga
- Aerobics
- Gymnastics

Come See the 76er's DANCE TEAM Perform Their Latest Moves!

- Beauty Makeovers
- Skin Care
- Make-Up
- In-Home Workouts
- Healthy Cooking Lessons



A special De-stressing "zone" to include yoga, free massage, Shiatsu, Alternative healing and so much more!

FREE FOOD, WINE and LO-CARB BEER... PLUS SHOPPING GALORE!

VENDOR'S TABLE: Cost is \$300 per table. Discounts available for multiple table purchases.

ATTENDEES: \$5.00 per person, kids under 12 FREE. Admission is donated to the charity.

FITNESS CHALLENGE TEAMS: \$300 to participate. ***Fundraising is encouraged to defray this cost.*

THE FITNESS CHALLENGES

2

Sign up your business, family or group of friends to enjoy fun competitions like rock climbing, paint ball, Flip Fitness (the new workout craze!), basketball shoots, football tosses, soccer drills, strength & agility tests, go cart racing, obstacle courses in the moon bounce room, and a few more surprises! You name it, we have it. If you sign up as a challenge team come prepared to play and sweat! Prizes for all.



Wanted!

100 Personal Trainers...

to volunteer their services for the day

Each challenge team will need a trainer to help them warm-up, stay focused and strategize to win.



KIDS FITNESS ENTERTAINMENT

3

- Live Concerts for Kids
- Exercise Games and Lessons
- Football Tosses/Challenges Hosted by the Women's Pro Football Team, The Philadelphia Phoenix!
- Tigerman Performances
- Demo Teams Perform
- Gymnastics
- Dance
- Karate and more!



Watch the 76er's Jr. Dance Team Perform!

Proceeds will be donated to the March of Dimes and our local chapter of the Child Abuse Protection Agency.

Meet and adopt some of furry friends in need from the local PSPCA. Please come out and support their efforts to find good homes for these little creatures in need of a family.

INFORMATION:

DATE: May 21, 2006 **TIME:** 11a.m. to 4 p.m.

PLACE: 422 Business Center, Mill Rd. & North Drive, Oaks, PA (Across from the Oaks Regal Cinema - 5 minutes west of the King Of Prussia Mall)

EMAIL: Jami@phillyfitmagazine.com

CONTACT: Jami Appenzeller **PHONE:** 215-396-0268

SPONSORED BY: The Oaks Recreation and Retail Assoc.: 422 Shoes, Bounce U, Gold's Gym, Paintball on the Fly, Philadelphia Rock Gym, Steppin Out, The Far Post...

PHILLYFIT Magazine

Yoga Living

LA FITNESS

Health Partners



PhillyTrips.com

Smooth Jazz WJZZ 106.1

Q102 All The Hits

March of Dimes

PSPCA

SUNNY 1045

1460 W DAS Amen!

Golden Breath American Tai Chi

philly.com THE REGION'S HOME PAGE

PhillySingles Connection.com



T2

Buxmont MEDIA LLC

MONTGOMERY NEWSPAPERS

POWER 99.1 FM

American Diabetes Association. Cure • Care • Commitment.

pulsepr

WDAS

PANA PENNSYLVANIA ADVOCATES FOR NUTRITION AND ACTIVITY

PHILLYFIT.com

Need a reason to come to the 4th PhillyFIT BASH? Anyone and everyone interested in Health and Fitness is here..that's why!

To Register for this event and for advanced ticket sales, go to www.phillyfit.com.