



**Super STOMP Sunday – January 26, 2014**

**At**

**The Club at Woodbridge**

**Fitness, Fun and Fundraising**

### **What is STOMP The Monster?**

STOMP The Monster™ provides financial and other support to cancer patients, their families, and caregivers when they need it most – during their fight with the disease. We promote a healthy lifestyle with proper diet and exercise, leading by example, and provide funding for potential advances in prevention and treatment.

#### **Schedule of Events for Sunday January 26, 2012 12-4PM**

- Zumba 11:15 am
- Spin Class 12:00 pm
- Yoga 1:00 pm
- And starting at 2:00 pm entertainment by Marty McKernan....come Party with Marty!(BYOB)
- Special menu available at PK's café all day
- Families Welcome – class participants must be at least 13yrs old
- Raffles and 50/50 will be sold all day...drawing at 3pm

Non-members welcome

Registration opens Monday January 6<sup>th</sup> - stop at the front desk or call 732-634-5000

### **How do I participate?**

- Non-members can purchase an “all day pass” for just \$35 allowing full use of the Club’s facilities for the entire day and all of the event classes.
- Sign up for a single class - \$25 per class
- Just want to come hang out? \$20 donation...and enjoy music by Marty.

***Reserve your spot now...the 1<sup>st</sup> 100 participants will receive a “tech t-shirt”***

***All proceeds benefitting STOMP The Monster***

More information about STOMP The Monster at <http://stompthemonster.org>

STOMP The Monster™ is a 501(c) (3) Charitable Organization

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