



**American  
Red Cross**

Capital Area Chapter

**FOR IMMEDIATE RELEASE**

Capital Area Chapter  
American Red Cross  
1115 Easterwood Drive  
Tallahassee, FL 32311  
[www.tallyredcross.org](http://www.tallyredcross.org)

*News Release*  
**NEWS RELEASE**

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**April is Red Cross Month at Sweat Therapy Fitness**

**Tallahassee, FL, March 29, 2011** – Sweat Therapy Fitness, Tallahassee's Innovative Fitness Studio, located at the Manor @ Midtown in Tallahassee, is offering Community Saturday's. April is American Red Cross Month at Sweat Therapy Fitness.

Join founders Kim and Brian Bibeau as they host a 60 minute TRIPLE PLAY fitness class each Saturday at 2:00 pm. This class is for every fitness level and will feature 20 minutes on the REALRYDER INDOOR CYCLE, the revolutionary indoor cycle that turns, tilts and leans; 20 minutes on the INDO-ROWER, the state of the art indoor rowing machine featuring the patented water fly wheel; and 20 minutes of the TRX Suspension Training, the total body workout using your own body weight.

All proceeds for the month of April will go to The Capital Area Chapter of the American Red Cross. Class time is 2:00 p.m., plan to arrive 15 minutes prior to class time if this is your first visit. Reserve your spot on the website [www.sweattherapyfitness.com](http://www.sweattherapyfitness.com). Cash or Check accepted at the door with a \$10 donation request.

Call for more info: 222-1781 or email [kim@sweattherapyfitness.com](mailto:kim@sweattherapyfitness.com)

*The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [www.tallyredcross.org](http://www.tallyredcross.org) or join our blog at <http://cacarc.wordpress.com>.*