



New Jersey Fitness Facility Donates to Nearly 25 Charities Since January *THE GYM of Montvale understands the importance of supporting Bergen County charities*

Montvale, NJ (April 26, 2010) – THE GYM of Montvale, a premier fitness center and health club in Bergen County, has devoted a portion of its facilities funding to supporting local charities in the county since opening their doors in 2003. In 2010 alone, the fitness club has contributed to nearly 25 New Jersey charities, including numerous schools, sports programs and religious programs, as well as non-profit organizations.

The fitness club is also planning a charity SPIN-A-THON open to the public on June 5th to raise money for Autism Awareness. All proceed from the half-day event will be donated to Garden Academy, which provides Autism schooling, services, and treatment. THE GYM is also planning a Breast Cancer Awareness Month in October filled with various activities and events for the community, a Veteran's Day special in November, a "Toys for Tots" drive in December, and a food donation drive for the holidays.

"We are so thankful for the unconditional support that THE GYM has offered our organization," said Lori Sweeney, Co-Chair of the Fundraising Committee of *Our Chance International*. "There was never a hesitation when we reached out to THE GYM -- the facility is not only eager to contribute but genuinely interested in helping our cause."

Non-profit organizations and local programs rely heavily on the kindness and funding from companies such as THE GYM. In order for these causes to continue to make a difference, especially in tough economic times, it is increasingly important that they receive ample donations from Bergen County companies and residents alike.

"At THE GYM we feel that it is our responsibility as a part of the community to give back," said Julann Kennish, General Manager of the Montvale-based facility. "We believe in every organization that we contribute to and hope to continue to support Bergen County in any way that we can."

THE GYM is located on 2 Chestnut Ridge Road, Montvale, NJ. For more information on THE GYM visit www.GetToTheGYM.com or call (201) 802-9398. Visit us on Facebook at "THE GYM Montvale".

About THE GYM

THE GYM is Bergen Country's complete lifestyle and fitness center, designed to promote healthy living in a first class atmosphere. The health club's unique approach integrates specialized training programs with nutrition and weight management counseling for total body conditioning and optimal fitness. THE GYM is known for its superior quality equipment, expert staff and special amenities, including a clothing boutique, juice bar, spa services, dance classes and child play area. The staff's attentive service and the facility's health club's array of programs and services provide guests with a state-of-the-art experience.

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