

Over the weekend of April 9 – 11<sup>th</sup> First in Fitness Racquet & Swim Club will hold its annual fundraiser. In the past 6 years the First in Fitness annual fundraiser has contributed over \$50,000 to organizations doing important work in our community. **Proceeds of this year's event will support the National Life Cancer Treatment Center at Central Vermont Medical Center.**

There are a variety of ways for everyone to get involved. **Fun fitness activities** include our annual tennis tournament, Spinning® Ride for Care, swim-a-thon, aqua boot camp, Zumba® master class and more. You can participate in an event or sponsor a friend or co-worker.

Saturday April 10<sup>th</sup> features an extensive **Silent Auction**. Each year dozens of great items are donated by local businesses and individuals. You'll find art, crafts, hotels, resorts, sporting goods, ski passes, summer camps, business services, books, photography and lots more. If you would like to make a contribution to the silent auction please give us a call.

First in Fitness would like to thank our **corporate sponsors: Casella Waste Management, Northfield Savings Bank and Denis, Ricker & Brown Insurance** for helping to underwrite event expenses. Special thanks also to **Barry T. Chouinard** and **Beavin & Sons** for providing in-kind donations. And thanks to all of the businesses and individuals who are providing Silent Auction items.

The following page has a complete event listing and partial listing of Silent Auction items (more items are arriving daily!). Please feel free to contact us with any questions

Michael Woodfield, President  
David A. Pickel, Jr., Executive Director

First in Fitness  
1 Blanchard Court  
Montpelier, VT 05602  
(802) 223-1348

First in Fitness Racquet & Swim Club  
652 Granger Road  
Berlin, VT 05641  
(802) 223-6161



firstinfitness.com

*Good for Every Body!*

**Fundraiser for the CVMC  
National Life Cancer Treatment Center**

**FRIDAY APRIL 9<sup>TH</sup> THROUGH SUNDAY APRIL 11<sup>TH</sup>, 2010**

- TENNIS TOURNAMENT**
- SWIM-A-THON**
- AQUA BOOT CAMP**
- SPINNING® RIDE FOR CARE**
- ZUMBA® MASTER CLASS**
- POWER LIFTING MEET (MAY 8<sup>TH</sup>)**
- CONCEPT II ROWING CHALLENGE**

Call 223-6161  
for more information or  
to register for events.

**Silent Auction Saturday April 10<sup>th</sup>  
First in Fitness Racquet & Swim Club, Granger Road, Berlin VT**

|  |   |
|--|---|
| <p>Mad River Glen<br/>Stoweflake Resort &amp; Spa<br/>Holiday Inn Rutland/Killington<br/>Vermont Mountaineers<br/>Capital Soccer Club<br/>Topnotch Resort &amp; Spa<br/>Onion River Sports<br/>L-N-D Landscaping<br/>Champlain Farms<br/>Vermont Frost Heaves<br/>Lake Placid Summit Hotel Resort &amp; Suites</p> | <p>The Dynamic Business Coach<br/>John Joy<br/>Morse Farm Ski Touring Center<br/>Comfort Inn &amp; Suites at Maplewood<br/>OLE's Cross Country Center<br/>The Essex Resort &amp; Spa<br/>Bolton Valley Resort<br/>Phyllis Chase<br/>The Frozen Butcher<br/>Dave Hullett – USPTA Tennis Pro<br/>Q-Strings – John Quinlan</p> |
|--|---|

**Thanks to all the silent auction donors... And there are more items to come!**

