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Belly dancing, salsa great way to benefit homeless this Christmas

CINCINNATI (December 16, 2009) — Learn to belly dance, salsa and other unique ways to get fit this holiday season — and help the homeless in the process.

The Studio will be hosting the Fit4Food fitness event from 8 a.m.-5 p.m. this Saturday, Dec. 19 at 3212 Madison Road in Oakley. A different exercise class will be offered each hour during the event, including sessions in Yoga, Pilates, Zumba Latin Cardio Dance, Beginner Belly Dance, Stability Ball and Beginner Salsa.

The event is open to the public. Classes are \$10 per person per class, with all proceeds benefitting City Gospel Mission.

Additionally, there will be a Fit4Food after party from 6-7:30 p.m. at Red Tree Art Gallery and Coffee Shop, which is at 3210 Madison Road, next door to The Studio. Donations for City Gospel Mission also will be accepted at the after party, and wine and snacks will be served.

For more information and to register for the Fit4Food event, log onto www.thestudiooakley.com/fit4food or call 513-200-9848. Register early to be assured a spot in a preferred class, or stop by the day of the event ready to enjoy a workout.

City Gospel Mission was founded in 1924 and is widely known for its work with homeless and men and women struggling with addiction. CGM annually serves over 121,000 hot meals (two per day) and provides a total of 24,000 nights of shelter to people in need. CGM also has two long-term residential recovery programs — Exodus (men) and Having the Courage to Change (women). For more information on City Gospel Mission, log onto www.citygospelmission.org and contact Dave Pinson 513-377-5650 or dpinson@citygospelmission.org.