



Main Street Gym

Join Us for Refreshments and Fun at our

OPEN HOUSE

July 16, 2011 • 7:00am–3:00pm

5K Race plus chance to participate in **World Record** Simultaneous Board Break
(see back for details – proceeds to benefit the Allison Wells Cancer Fund)

Tae Kwon Do Demonstration • Door Prizes • Cooking Healthy Demonstration

Free Fitness Classes – Circuit Body Sculpting • Zumba • Yoga

...and take advantage of our lowest rate offer!

1000 E. Main Street, Suite 303
Midlothian, Texas
www.mainstgym.net

Main Street Gym

Join NOW
for only

\$29

per month

Offer good on July 16 only!



OPEN HOUSE EVENTS • JULY 16, 2011

- 7:00am **5K RACE** Fundraiser for the Allison Wells Cancer Fund (\$25 entry fee)
- 9:45am Board Break rehearsal
- 10:00am **SIMULTANEOUS BOARD BREAK ATTEMPT FOR WORLD RECORD** (\$10 entry fee)
*Participants asked to bring two cinder blocks. We'll provide the boards.
All proceeds to benefit the Allison Wells Cancer Fund.*
- 10:30am **TAE KWON DO DEMONSTRATION** by Cross Martial Arts

COME AND TRY OUR **FREE** GROUP FITNESS CLASSES:

- 8:00am – 9:00am **CIRCUIT BODY SCULPTING** (John Wilson, Personal Trainer/Instructor)
- 9:15am – 10:15am **ZUMBA** (Paige Hunt / Sheila McDowell)
- 10:15am – 11:15am **MORE ZUMBA** (Paige Hunt / Sheila McDowell)
- 11:30am – 12:30pm **YOGA** (Charla Tunesdale)
- 1:00pm **COOKING HEALTHY DEMONSTRATION**
by Tamra Boteler, RD/LD



The Allison Wells Cancer Fund

Allison Wells was diagnosed with Ewing's Sarcoma on June 15, 2010. She is 9 years old. Ewing's Sarcoma is a rare disease in which malignant cells are found in the bone. Allison's tumor was at the top of her right thigh. She underwent lengthy chemotherapy treatments as well as a hip replacement in September 2010. By November she was walking and riding her bike and well on her way to a great recovery. Then in December she had a tremendous setback as the hip came out of socket. This was extremely painful and more surgeries seemed inevitable. Only weeks before the next surgery was scheduled the hip miraculously went back in place and stayed there. Allison is now beginning to walk again. She is swimming and again cycling. Most importantly, all of her scans have been negative since her surgery.

Allison has always been a very active and athletic child. She played soccer and basketball and she loved to run. When she was 4 she got autographs from Olympic gold medal winners Michael Johnson and Jeremy Wariner, and then ran around the Baylor track as they looked on. Allison has such a competitive spirit she actually believed she could beat them if they were only willing to line up and race her.

That same competitive spirit and belief that she will win no matter what has carried her through this. This battle has slowed her down physically but her spirit is stronger than ever. She wasn't able to walk on her own for nearly a year, but her sense of humor and determination has never wavered. Despite what doctors have said, Allison insists that she will play soccer and basketball again. Allison has demonstrated a strength, determination, and faith throughout this fight that has been truly inspiring. Her concern has been and continues to be more for others than for herself. She has had a tremendous impact on so many people and will continue to encourage and inspire others as they face similar battles.



Main Street Gym is for individuals of all ages and fitness levels. We are a family owned and operated business that has been in Midlothian since 2003. We are a fully equipped gym that offers fitness classes, personal training, dietician services and now **Child Sitting**.

Visit our website at www.mainstgym.net for more information about our open house and gym.



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