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Universal Athletic Club Holding After Hours Party and Charity Event for Lancaster County

Proceeds support Hospice of Lancaster County, the American Cancer Society, the Antonio Forte Transplant Fund and Aaron's Acres

Lancaster, Pa., January 11, 2011 – Universal Athletic Club will be holding a free special After Hours Party and Charity Event on Saturday, January 15, 2011 from 6-9 p.m. to benefit local area charities including Hospice of Lancaster County, the American Cancer Society, the Antonio Forte Transplant Fund and Aaron's Acres through raffles and activities.

The free event is open to the general public, all Universal members and their guests. Universal will offer a variety of activities, classes and demonstrations for all ages. Attendees can experience open fitness classes, basketball games, water classes and a wide variety of exercise demonstrations. There will be special events that are geared especially to children such as Martial Arts, Parisi Speed School demonstrations, and activities in Universal's Kidz Klub/Kidmazium. Universal's pool will also be open.

Director of Marketing Laurie Haines, Universal Athletic Club, said there were several reasons why Universal chose to have this event to support local charities. "Universal has a very large member base, making us a huge part of the Lancaster community. Our members have been so very good to us — we wanted to give back."

Haines added that many Universal members are also personally involved with these charities. "At Universal, we're not just a 'gym.' We really are a family here. Many of our members are very involved with these organizations and we wanted to help them in their causes. We have members who are not only active volunteers with the charities, but also struggle with the illnesses these organizations support."

Haines explained that she knows of Universal members who actively volunteer at Hospice of Lancaster County and others who have received help from the American Cancer Society. She also knows of Universal members who are involved with the Antonio Forte Transplant Fund and Aaron's Acres.

Some of the prizes that will be raffled off to support the organizations are Universal memberships, personal training sessions, swimming lessons and services at Universal's Day Spa.

Haines added, "The Universal staff is so excited about our After Hours Party and Charity Event because it gives our community the opportunity to try out our facilities for free, have fun and win great prizes while supporting great causes in Lancaster."

For more information, a detailed schedule and to RSVP, please call Universal Athletic Club at 569-5396 or visit UniversalAthleticClub.com