

Friday, October 9, 2009

Working out for charity

Code Pink Boot Camp teams up with Women Helping Women in Irvine on Saturday.

By SEAN EMERY

THE ORANGE COUNTY REGISTER

IRVINE – Code Pink will host a charity fitness boot camp this weekend for women wanting to work out for a good cause.

Code Pink Boot Camp is teaming with Women Helping Women for a one-hour workout beginning at 9 a.m. at Northwood Elementary School, 28 Carson Street. Participants will donate an article of women's business clothing or accessory, or pay a \$20 cash donation.

Organizers describe the fitness boot camp as a non-intimidating opportunity for newcomers of all ages to get into shape.

"This event is an exciting way for women to experience how they can finally accomplish their fitness and health goals while helping to empower other women beginning their journey to a safer life," Code Pink founder Christina Lucy

said in a written release.

Teaming Code Pink and Women Helping Women was the brainchild of Angela Grier, a Newport Beach resident who took part in previous camps, and is a long-time supporter of the non-profit.

"This is a good situation for someone who wants to try one without committing," Grier said of the fitness camp. "The music is great, the instructors are wonderful, and it's a real exciting environment."

For information about Code Pink, go to www.codepinkbootcamp.com . For information about Women Helping Women, go to www.whw.org .

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