



TONE UP IN 6 MOVES



EASTER CANDY: WORTH IT?



WHIP YOUR SKIN IN SHAPE



NEW RUNNING GEAR



BUILD YOUR 22-MIN BODY

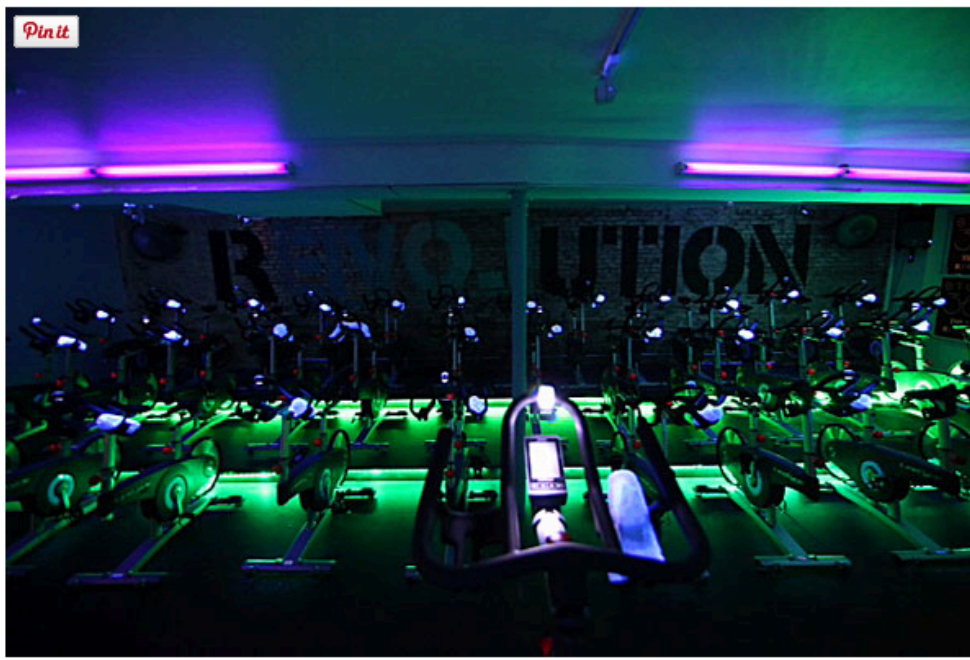
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WHAT'S NEW NOW

mar 25 **FITNESS**  
BY SELF STAFFERS AT 2:30 PM

## Charity-Driven Gyms Are Popping Up All Over the Country



### **The Movement**, Hybrid Workouts of Yoga, Dance and Strength Training

Jordan Canino [Ed. note: Coincidentally the best, kindest kid I graduated with at UPenn! - RJZ] and soon-to-be wife Dana Proman open the doors to this new spot next month. The boutique gym, with its customized, hybridized classes also follows the \$1 per student for each class model to benefit the **National Brain Tumor Society** in honor of Canino's mother, Andrea, who passed away from brain cancer when he was 18. "Our slogan is 'Give Back. Move Forward.' Our hope is to start a true movement, that, when you give back, you're enabling yourself to [move forward]. It motivates people to not only go to a class and get their sweat on, but also motivates them to help fight a terrible disease," says Canino.

The Movement is the first business that will donate part of EVERY single sale to the charity. Canino and Proman also plan to have a karma jar at the front desk for people inspired to give more. They'll do a running tally of how much money they've raised each month and try to beat it with every month that follows. Moving, right?

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