



Mission Valley YMCA
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TNT's "Hawthorne" Coming To San Diego

On Monday, May 24th, from 2pm – 6pm, Mission Valley YMCA will serve as the San Diego host for a 10 city, nationwide tour by cable network TNT called "I Run This", to promote Season 2 of their hit series *Hawthorne*. Focusing on the caregiver theme of the show (starring Jada Pinkett Smith), the event will offer a suite of FREE services open to the public, in the West Parking Lot of Mission Valley YMCA (5505 Friars Rd, San Diego, CA 92110). San Diegans are encouraged to stop by and receive:

- 15 minute, chair "mini-massages" by licensed massage therapists; there will also be automatic shiatsu massage recliners in the Rest & Relaxation station.
- Free fruit smoothies
- Registered Nurses offering basic Health Screenings, including Body Mass Index (BMI) and Blood Pressure readings.
- On-stage demonstrations of the latest fitness trends, including Zumba, Weight training, and "Exer-Gaming" (Playstation 3 Fitness)

The other cities on the tour are Chicago, St. Louis, Los Angeles, San Diego, Dallas, Washington, DC, Atlanta, Boston, Philadelphia and New York.

In conjunction with this FREE event, Mission Valley YMCA is offering a special membership promo: From May 21st through May 24th, San Diegans can sign-up for a monthly membership and receive 50% off the Joiner's Fee, a potential savings of up to \$75 (*Membership PLUS! excluded; monthly fees still apply*)