

*Charity*

TRUE  FITNESS

# BICEP CURL-A-THON

**Start donating today!**

True Group Ambassador Roland Kickingger and our very own Personal Trainers will perform **1 Bicep Curl** for **Every \$5 Donations** received.

***Come cheer them on!***

Date : 7th & 9th Dec 2009

Time : 12pm - 3pm

Venue : True Fitness Centre

7 Dec - Parkway Parade

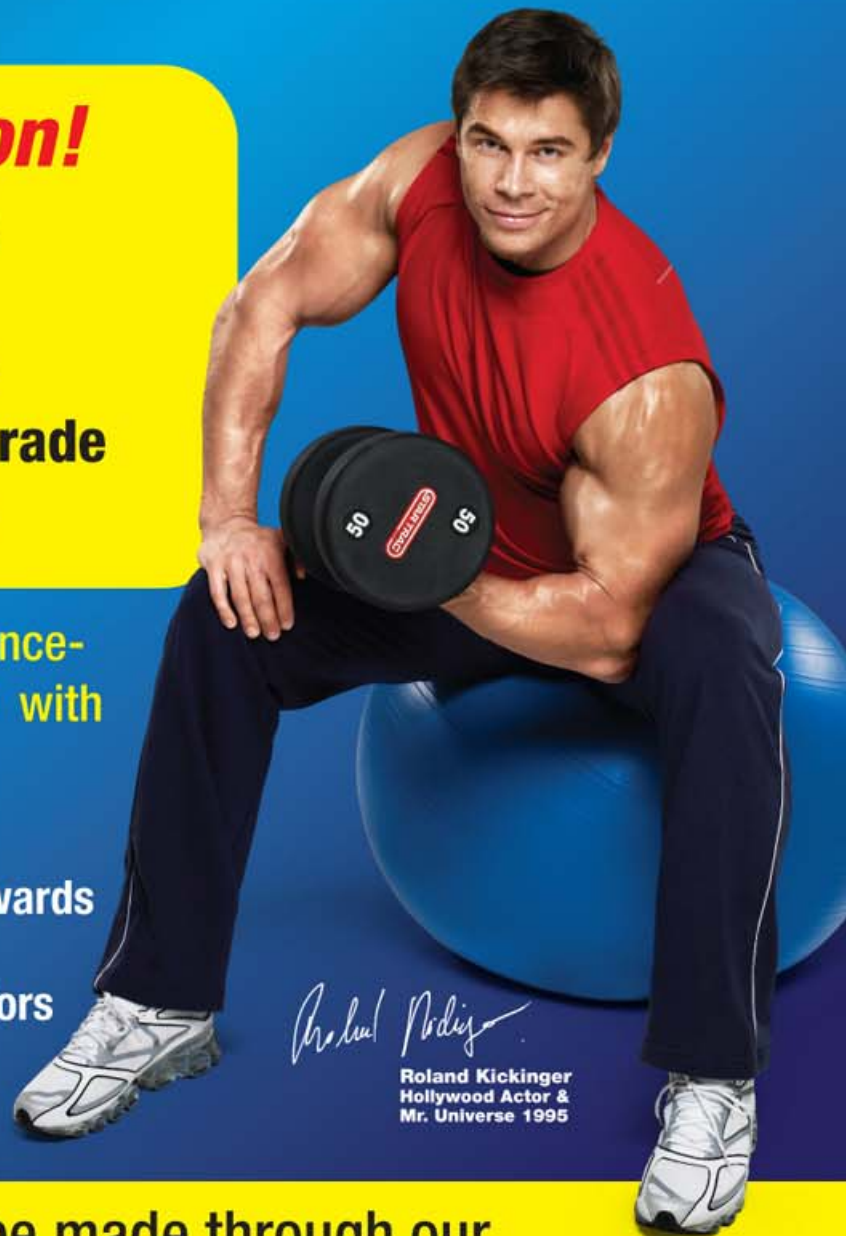
9 Dec - Suntec City



Get personal workout tips and a once-in-a-lifetime opportunity to train with Roland!



All proceeds will go towards the programmes and services for lonely seniors at Lions Befrienders



*Roland Kickingger*

Roland Kickingger  
Hollywood Actor &  
Mr. Universe 1995

Donations can be made through our Fitness Department & donation boxes at the Reception.