



CHARITY BOXING EXHIBIT AT TRIFECTA FIT SPORT **“THROW PUNCHES FOR A GOOD CAUSE”**

On Saturday, June 4th, 2016 at 6:00 p.m., Trifecta Fit Sport will host a charity Boxing Exhibit to benefit Young and Healthy, a Pasadena based non-profit. Trifecta is located at 900 So. Arroyo Parkway in Pasadena and there is ample parking. Both members and non-members are invited.

Young & Healthy's mission is to provide access to high-quality health care for uninsured and underserved children and families, to improve the quality of life for all children in the greater Pasadena area through prevention, education and enhanced health care services.

Pre-sale is \$17 for adults and \$6 for kids (ages 6-12) and students prior to May 26th and tickets may be purchased the night of the event for \$20 adults and \$10 kids/students. There will be a raffle for a one-year membership and other prizes.

“My goal with Trifecta Fit Sport is to offer world renowned instructors and an expansive, state-of-the-art facility without the ultra premium prices of other high-end gyms. My staff and I pride ourselves on creating a friendly atmosphere where everyone feels welcome, and in taking a personal interest in all our clients. There’s no corporate atmosphere here,” states owner Irma Vargas.

René Arredondo, two-time WBC Champion of the World and Boxing Hall of Fame Inductee, will be there to sign autographs. Arredondo turned professional in 1979. He mainly fought in Mexico for the first three years, then moved the main battlefield to the United States since 1983. In 1986, he won the WBC Welterweight title over Lonnie Smith. In 1987, he won the WBC Light Welterweight title over Tsuyoshi Hamada and in 1995 he won the WBO NABO Middleweight title over Venustiano Paredes. Arredondo retired in 1997 and is currently working at Trifecta Fit Sport as a private boxing trainer.

“The physical and cardiovascular benefits of boxing are quickly realized when you’re engaged in every day activities. Whether you play on a recreational level or are a professional athlete, boxing will make you more explosive with your movements and build endurance. Boxing requires your core to work constantly. You will become faster with your hands and on your feet, and you can use those newly honed skills to every other part of your life,” adds Dina M. Danial, Operations Manager.

For more information on Trifecta visit www.trifectafitsport.com or call 626-304-3000.