

## LET THE PASADENA GAMES BEGIN

For the past 65 years, every last Saturday in March the **Pasadena Invitational Track Meet** has united some of the greatest sneaker-wearing talent in all of Los Angeles. Currently held at Pasadena City College, the meet is sponsored by La Salle High School and encourages all schools—big and small—to strut their stuff on the track or on the field. In addition to hosting large and well-seasoned track teams, the meet has a separate category called the “Small Schools Cup” to recognize smaller teams that compete in the day’s events. To find out if your school competes in the invitation, contact your school’s athletic director or call the event director, Dr. John Bianchi, at 626.795.3456.



## ON-THE-GO FITNESS

A new program for the Pasadena area, **Team FIT** recently created its schedule-friendly fitness program called ‘Drop off & Get FIT’ specifically designed for busy parents of school-aged children. Team Fit instructors meet participants at their schools and head out from there for a one-hour outdoor workout. Currently the program has classes that run six days per week at several different schools throughout Pasadena.

➤ ONLINE: [team-fit.net](http://team-fit.net)



## GETTING THE BOOT

If you have active kids who need an energy outlet, send them to **West Coast Boot Camp's Fitness Club for Kids** (1049 Foothill Blvd., La Cañada 91011). The program provides after-school fitness and nutrition classes, performance conditioning and “Boot Camp” birthday parties specially tailored to any age range. For more information on classes, call 818.952.1333.

➤ ONLINE: [FitnessClubForKids.org](http://FitnessClubForKids.org)



## SOAP STAR

Have yourself and your wee ones some scrub-a-dub fun with Lush's whimsical honey-scented soap. The “**Honey I Washed The Kids**” not only staves away tears, but it also calms sore, sensitive skin with a rich aloe vera lather and will leave your little bathing beauties silky smooth and deliciously satiated. The soap's super natural ingredients like bergamot and orange will give your whole family a great reason to suds up and stay squeaky clean. Add a bright pink bubble bath bomb to the evening's bath-time repertoire to keep your kids entertained and well moisturized.

➤ ONLINE: [usa.lush.com](http://usa.lush.com)



## ALL NEW BREAKTHRU

After eight years as Pasadena's leading personal training and Pilates studio, **Breakthru Fitness** is debuting a second locale. Set to open on Lake Avenue in the fall, the new Breakthru will boast a “hip, modern, classy and state-of-the-art” facility—and a balcony to boot! “Breakthru is about joining a community, not a corporation,” notes co-owner Phil Dozois of the company's staunch commitment to its clients, which he says will be reflected in the new venue. “It's all about personal interaction with our members. If you join and don't show up, I'm going to call you and ask where you are.” The new location will also include a four-lane sports performance track and an innovative indoor cycling room.

➤ ONLINE: [breakthrufitness.com](http://breakthrufitness.com)

