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**Englewood Hospital and Medical Center to Benefit from Spinning® Fundraiser
Hosted By MAXFIT**

MAXFIT, Bergen's First & Leading Spinning® Studio, Invites Public To Ride, Boost
Cardio Fitness and Raise Funds in Honor of American Heart Month in February

(Englewood, NJ: January 9, 2012) - MAXFIT, Bergen's first and leading Spinning® and fitness studio, will host a fundraiser in honor of American Heart Month (February 2012) with proceeds going toward Englewood Hospital and Medical Center's Cardiac Rehabilitation Program. MAXFIT will run eight (8), one-hour long Spinning® classes from Friday, February 10th through Sunday, February 12th (sign up required in advance by visiting www.maxfit.com) with \$10 of each class's \$20 fee going directly to Englewood Hospital. Participants are encouraged to contribute beyond the base class fee to enhance their donation.

MAXFIT's Spinning® classes offer a dynamic workout that is ideal for people looking to improve their fitness, weight, endurance and cardiovascular health.

“This event is a great way for people to enjoy the health benefits of a Spinning® class while supporting their community hospital,” said Douglas A. Duchak, President and Chief Executive Officer of Englewood Hospital. “We extend a hearty thank you to MAXFIT for their generosity in coordinating this fundraiser, bringing awareness to the importance of American Heart Month and giving back to the community it serves.”

“Cardio health and stamina are central to our Spinning® programs and instruction at MAXFIT and a “spinathon” fundraiser for Englewood Hospital and Medical Center will allow us to continue our mission of educating the public about wellness and optimization of cardio health while providing a spirited environment with a team approach to individual fitness,” said Chris Miller, MAXFIT owner, certified NASM personal trainer for over 20 years and certified SPIN® instructor for 12 years. “We encourage heart rate monitoring throughout our classes and are invested in the health and longevity of our riders and training clients. Many physicians and nurses from Englewood Hospital and Medical Center spin and train at MAXFIT, and we are delighted to support heart health education and the Medical Center’s work in aiding people in need of cardio care. We hope the community shows its heart and pedals with us to raise funds for Englewood Hospital and Medical Center.”

To learn more about Spinning® classes scheduled for the benefit of Englewood Hospital and Medical Center and to register online for classes in advance, which is required for participation, please visit www.maxfit.com.

About MAXFIT

MAXFIT, Bergen County’s first and leading Spinning® studio and a family-owned and operated facility, is located at 15 Broadway, Cresskill, NJ. For Spinning® class descriptions, schedules and information on personal and group training programs, visit www.maxfit.com. To contact owners Chris Miller, personal trainer, and his wife, Amy Miller, personal trainer/operations, please call (201) 399-7070.

About Englewood Hospital and Medical Center

Englewood Hospital and Medical Center provides the highest level of compassionate, patient care and safety through a broad range of advanced clinical programs, treatments and diagnostic services. It is renowned for its bloodless medicine and surgery program, cardiac and vascular programs and its leadership in breast care, oncology and joint replacement services. Through its affiliation with the Mount Sinai School of Medicine and the Mount Sinai Consortium for Graduate Medical Education, this acute-care and community teaching hospital trains medical residents in many disciplines, including internal medicine, critical care medicine, surgery, pediatrics, podiatry, and pathology. Its Vascular Fellowship Program has trained a generation of world-class vascular surgeons. Additionally, many members of Englewood Hospital's medical staff serve as faculty at Mount Sinai. Englewood Hospital has earned numerous awards and accreditations from the Joint Commission, J.D. Power and Associates, HealthGrades, and other organizations. Englewood Hospital is among the six percent of hospitals nationwide honored by the American Nurses Credentialing Center with the prestigious Magnet™ status, the highest recognition for nursing excellence - a distinction earned three consecutive times by our nursing staff.

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