



# **Jabz Boxing Studios to Hold Workout Class to Benefit The Fight Against Congenital Heart Defects**

February 28, 2019

The locations will be holding a class specifically to raise funds to benefit Heart Effect, an organization that advocates, educates and funds programs and research for the Phoenix Children's Heart Center and Cardiac 3D Print Lab. All proceeds from the class will benefit Heart Effect.

According to the CDC, Congenital Heart Defects affect roughly 40,000 births per year in the U.S., costing 6.1 billion in hospital bills as of 2013. As Jabz Boxing continues to live out its mission of helping women reach fitness goals, the brand is joining Heart Effect in the fight to give children the chance to have a healthy heart.

Where/When: Chandler – March 3, at 9 a.m. Scottsdale-Thunderbird –March 3 at 9 a.m. Tempe – March 3 at 9 a.m. Via Linda – March 3 at 9 a.m. Happy Valley – March 2 at 9:30 a.m. and 10:30 a.m. Pinnacle Peak – March 3 at 9 a.m. Surprise – February 24 at 10 a.m. Mesa – March 3 at 9 a.m. North Phoenix – March 3 at 9 a.m. 16th and Bell – March 3 at 8 a.m., 9 a.m. and 10 a.m. Central – March 3 at 8 a.m., 9 a.m. and 10 a.m.