



**100 women in  
hedge funds®**

### **Next Gen Fitness and Networking Event**

April 23, 2014 at 7:30 PM  
New York

Kick off the Spring season with an "Uplifting" *Sculpt Fusion* class, followed by refreshments and conversation with your fellow Next Gen members. The class is low impact but high intensity and incorporates light free weights (based on your body's needs), body weight and yoga-inspired movements. You will leave focused, challenged and inspired while hopefully making some new connections to your network.

Capacity for this event is limited! Be one of the first 12 to register and have the opportunity to take part in an intimate 45 minute class at Uplift Studios. The workout will follow with refreshments and networking. Fee is \$41, payable via Pay Pal.

Attendees are asked to arrive in suitable workout attire. Uplift Studios has showers and a changing area for your convenience.

#### **Event Details**

**Date:** April 23, 2014

**Time:** 7:30 PM - 9:00 PM. Arrive by 7:00 PM to change, class starts promptly at 7:30 PM. Networking and refreshments will follow.

**Location:** Uplift Studios  
24 W 23rd St, 2nd Floor, **New York**, NY 10010 - [Directions](#)

**RSVP:** [RSVP Now](#)

**RSVP Instructions:** You MUST pay at the time of your booking to secure your spot. If you must cancel, we will endeavor to fill your spot; however, there is no guarantee that we will be able to do so, and if we cannot find a substitute, the entire amount of the booking will be forfeited.

If you have any questions about this event, please contact the [Next Generation](#) committee.

**This event is NOT FOR ATTRIBUTION. All 100WHF events are private events and we require that no one reports publicly on any aspect of them.**

Space is limited. No walk-ins will be permitted.

**About Uplift**

Uplift is a women-only boutique fitness studio offering amazing group classes, personal training and private events. We have been called the "friendliest fitness studio" in town, and there's a reason why. Uplift is not just a place to work out - it is a place where women come to do something great for themselves in a fun, friendly and, yes, Uplifting atmosphere. We were founded on the philosophy that working out and having an active social life are two of the key components to creating happy, successful lives for women in New York City. Uplift is committed to the empowerment, support and camaraderie of and among our clients.

**About 100 Women in Hedge Funds ([www.100womeninhedgefunds.org](http://www.100womeninhedgefunds.org))**

100 Women in Hedge Funds is a global, practitioner-driven non-profit organization serving over 12,000 alternative investment management investors and professionals through educational, professional leverage and philanthropic initiatives. Formed in 2001, 100 Women in Hedge Funds has hosted over 450 industry education events globally, connected more than 250 senior women through Peer Advisory Groups and raised over \$33 million for philanthropic causes in the areas of women's and family health, education and mentoring.