

November News



IN MOTION ANYTIME! 24 HOUR ACCESS GYM

Fitt Flyer

Hello everyone :) The fall leaves are falling fast and we are quickly approaching that dreaded word.....snow! Now, I'm not trying to sound like a bummer, but snow is great; until after Jan 15th and then it can go....I just wish that our summers were as long as our winters!

I love to snowboard and play in the snow like everyone else, but as you all know I haven't had the best of luck at the slopes, I try :)

Anywho, there are a lot of awesome things going on at your gym and I would love to tell you about them.

We have three new pieces of cardio equipment; Cybex arc trainer, stair stepper and a new elliptical. Let us show you how to use

them....don't hesitate to ask.

New classes: we are welcoming three new instructors to our team and of course three new classes.

Kim- Yin Yoga Wed am 930-1030

Anne -Hatha Yoga Wed pm 7-830

Re'nee - Cardio Dance Thur pm 630-710

Give them a warm welcome by coming and trying out there classes! Bring a friend with you to check it out :)

We will be offering a "Turkey Blaster" class on the Friday morning after Thanksgiving. This class will be a variety of cardio and weights that is guaranteed to burn at least 500 of those unwanted calories. Sign

up is a must, we need at least 5 people to have this class.

PLEASE wear "indoor" shoes when you come to the

gym.....change when you get here. We are having problems with dirt and.....when the snow falls salt. It ruins the equipment which just costs you more money—we don't want to have to raise membership costs. Thanks

Keep your color! Tanning is only \$15 per month with \$1 co-pay. Keep your glow w/ ALL NEW BULBS!! Only available during office hours.

Office will be closed for the Thanksgiving holiday on Wednesday the 26th and Thursday the 27th. Enjoy your holiday - be safe.

Instructor & Class Survey

Please fill out this survey honestly to help shape our Group X classes. This is your gym, help to make it the way you want it! After you have filled it out, slide it under my office door or enter into survey box on the front desk.

1) Write a # by your favorite class.

Starting from #1 being your favorite

to #10 being your least favorite.

- Step Circuit—Betsy
- Step—Jessica
- Boot Camp— Jessica
- Men's Boot Camp— Betsy
- Super Circuit - Jessica
- Kick, Punch & Crunch— Jess
- Yin Yoga— Kim
- Hatha Yoga— Anne
- Cardio Dance— Re'nee
- Turbokick— Christine

Which is more important to you when it comes to Group X classes?

- Day
- Time
- Instructor
- Other _____

Suggestions (include and days or times you would like classes):



Caption describing picture or graphic.