



2009

Schedule Update

Wednesday August 5th 9:15 am fitbarre cardio will be fitbarre w/Kristin

*\* Fit Recipe \**

Barbecued Chicken Burritos

- 1-2 lb roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)
- 1/2 c prepared barbecue sauce
- 1 c black beans, rinsed
- 1/2 c frozen corn, thawed, or canned corn, drained
- 1/4 c reduced-fat sour cream
- 4 leaves romaine lettuce
- 4 10-inch whole-wheat tortillas
- 2 limes, cut in wedges

Place a large nonstick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes. Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-fourth of the chicken mixture; roll as you would a burrito. Slice in half diagonally and serve warm, with lime wedges.

◆ AUGUST SPECIALS

**BodyFit's Half Birthday SALE!!! August 15th**

It's a very merry half birthday, to us! Come celebrate Saturday the 15th, with fitbarre classes in the am, 8:30 w/Julie & 9:45 w/Lizz! Then take advantage of all retail on Sale 25% OFF & class packages 15% OFF until 1pm! Members can take advantage of our sale starting August 10th with their additional 10% - thats 5 extra days of savings if you are a member - want to be one? stop by our front desk to sign up!

**JULY DRAWING WINNER - Pam Linick**

Congratulations, you have won 1 FREE month of classes at Bodyfit! Get fit, be fit, stay fit.

SCHEDULE SURVEY

We want your input on when to have your favorite classes!

Please take a few minutes to let us know how we are doing, what classes you want more of & when! Our fall schedule will be based on your input, so please help us.

go to our website & take the survey now!

August Bootcamp Update

Join our shorter 2 week session this month

August 16th - August 28th.

Session will cost \$110 for 6 classes!

M/W/F at 5:30 am or

Sun at 9 am & T/Th at 8:30 pm

sign up to reserve your spot today!

Are you interested in bootcamp but not quite sure what its like & cant make the commitment this month? We will be having a couple trial bootcamp sessions at the end of this month before our Fall Sessions start after labor day. Stay tuned for details!

Yoga Update

**KRISTIN IS BACK!!!**

classes have resumed every Monday & Wednesday @ 7:15 pm

Join BODYFIT on Facebook & stay connected with the staff, clients & special promotions! Post on our wall & get status updates by becoming a fan!



**BodyFit's August Northville Partner is Solid Grounds!!!**

Stop into Solid Grounds after class this month for a refreshing smoothie, iced coffee or delicious frozen yogurt!

Memberships are still only \$69/year ~ get 10% OFF ALL class packages & our sale rack, FREE water & much more!!!



MEMBERS ONLY AUGUST SPECIAL

Bring in your membership card to Solid Grounds & receive 75 cents OFF any specialty beverage!