



2009

Holiday Schedule

Thursday December 24th 8:30 am ONLY
 Friday December 25th CLOSED
 Thursday December 31st 8:30 am ONLY
 Friday January 1st CLOSED

◆ DECEMBER SPECIALS

- ◆ Our 12 DAYS OF CHRISTMAS starts December 9th!!!
 Bodyfit will have a different item on sale each day from Dec 9th - 24th. What's on sale each day is a surprise but we will be emailing the sale the evening before so make sure you are on our email list! we will also post on fb & twitter! (fridays & sundays excluded)
- ◆ Give the gift of health this holiday season. Buy a Gift Card of \$100 or more & get \$20 Bonus Dollars for you or a friend!
- ◆ We will be featuring Silpada Jewelry ~ December 5th
 Stop in for class & stay for some shopping or just stop in anytime from 9 am to noon to stock up on great jewelry for gifts or just to wear to your next party :)

Two Week Bootcamp

We will be starting a 2 week bootcamp next week with Bev!
 T/Th at 8 pm & Sun at 9 am

December 8th - December 20th

Sessions will cost \$110 for 2 weeks
 space is limited - call to sign up & reserve your spot today!

What's Next Wednesday??? w/ Jessica Niespolo

We want to add YOUR FAVORITE class to our Wednesday PM schedule but we need your help deciding what that is going to be for the new year. So, until then we are going to have a new class every Wednesday at 7:40 pm. This class will be just \$10 for everyone to try - with Jessie who joins us as a certified barre, pilates, yoga & group instructor.

December 2nd - Cardio Core, 30 mins low impact cardio w/30 mins core

December 9th - Power Mat, challenge your entire body with Pilates Mat

December 16th - fitfusion, power yoga at the barre

December 23rd - Cardio Core & December 30th - Power Mat

Please be sure to provide feedback to the desk before you leave or send us an email!

BodyFit WORKSHOPS

1.25 hour classes for only \$20 or included in your holiday havoc package - sign up & prepayment required

★fitbarre cardio w/Lizz ~ December 7th, Monday @ 6 pm

keep your heart rate lifted for this fusion of barre & non-impact aerobics guaranteed to burn!

★bootcamp w/Bev ~ December 13th, Sunday @ 11 am &

December 22nd, Tuesday @ 7:45 pm

multi-jointed exercises using interval training & core work to challenge the body & heart!

★super strength w/Lizz ~ December 26th, Saturday @ 9:45am

fitbarre with extra focus on increasing the strength of your body, all over!

★Flashdance ~ January 2nd, Saturday @ 9:45 am

Ring in the new year with this fun dance class, you'll laugh, you'll sweat, you'll burn fat!

* Fit-abulous*

Coming soon...

We want to know what fabulous thing you do to stay fit & healthy, besides coming to BodyFit of course! Write your secret down and drop it in our Fit-abulous jar and if we choose your idea to be printed in the next newsletter, you will win a \$5 gift card to Bodyfit! We will start the drawing in December so be sure to let us know what you're doing to stay Fit and Fabulous!!

HOLIDAY TOY DRIVE

to benefit the Children's Hospital of Michigan

It's time to share our good fortune. Women with a Purpose invite you to help bring a sense of joy and normalcy into the life of a sick child by donating new, unwrapped toys games, books, craft projects and stuffed animals.

*Please remember all ages, newborns to teenagers when shopping.

Please drop off your donations at Bodyfit now thru Dec 11th.

Thank you for helping make the holidays special for a child!

SATURDAY INSTRUCTORS

9:45 am fitbarre

December 5th - Carly

December 12th - Rebecca

December 19th - Julie

December 26th - Lizz *workshop!

CANCELLED - Tuesday 7:30 pm

ABS Blast w/Rebecca

effective December 1st

January 2010

FITMAMA ~ prenatal exercise class 11am on Saturdays!

Bridal Blitz ~ discounted program designed for the Bride-to-Be and her Bridal Party. Stay tuned for further details!

Lizz's Birthday Sale ~ look for more details on this sale starting the week of January 2nd!

January Retail Blow Out ~ all full price retail during the month of January will be reduced!

Reminder - Children under the age of 14 are not permitted in the studio and retail area unless accompanied by an adult