



2009

Saturday July 4th Schedule

8:30 am fitbarre w/Carly
 9:45 am fitbarre Cancelled
 the rest of the weekend, same schedule

♦ JULY SPECIALS

Stay motivated this summer & get rewarded!

For every time you come to class during the month of July, your name is entered into a drawing to win free classes for the entire month of August! That's \$175 savings & FREE classes!!! Plus, you'll see amazing results & be inches smaller!

Next Bootcamp session starts July 6th!

Join our M/W/F 5:30 am session or T/Th at 8:30 pm w/9am Sun. Sign up required in advance & space is limited - only \$199 & a few spots left!

CONGRATULATIONS



Kristin & Drew!!!

Our amazing yoga & fitbarre instructor, Kristin, married her high school sweetheart this past Saturday! A heartfelt congrats goes out to Mr. & Mrs. Stanton! May you have many more wonderful days together and.....GO GREEN! :)

*** Fit Recipe ***

Chicken & Blueberry Pasta Salad

- 1 lb boneless, skinless chicken breast,
- 8 oz whole wheat fusilli or radiatore
- 3 T extra virgin olive oil
- 1 large shallot, thinly sliced
- 1/3 cup reduced sodium chicken broth
- 1/3 cup crumbled feta
- 3 T lime juice
- 1 cup fresh blueberries
- 1 T chopped fresh thyme
- 1 tsp freshly grated lime zest
- 1/4 tsp salt

Boil chicken on a saucepan, covered with water, until cooked through and no longer pink in the middle, 10-12 min. Shred into bite size strips. Bring a large pot of water to a boil. Cook pasta until just tender according to package instructions. Drain, place in large bowl. Meanwhile, place oil and shallot in a small skillet and cook over medium low heat, stirring occasionally, until softened and just beginning to brown, 2 - 5 min. Add broth, feta and lime juice and cook, stirring occasionally, until feta begins to melt, 1 - 2 min. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt & toss until combined.

Yoga Update

CANCELLED WED @ 7:15pm
 July 1st, 8th, 15th & 22nd
 class will resume on the 29th,
 Mondays are still on all month
 all yoga packages will be extended
 30 days due to this cancellation

BodyFit's June Northville Partner is Rococo!!!

We will now be having quarterly events, so stay tuned for our back to school fall fashion show event. We are however still offering discounts to your favorite Northville businesses every month.

Stop into Rococo this month for a fun summer dress!

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



MEMBERS ONLY JULY SPECIAL

Bring in your membership card to Rococo & receive \$20 OFF for every \$100 you spend!