



2009

Summer Schedule Updates

Our Sunday 4 pm fitbarre class will be moved to 10 am starting June 7th. Join Danya this Sunday am! Due to lack of attendance, our Friday 5:30pm fitbarre class will be cancelled.

** Fit Recipe **

for kids

Crispy Chicken Fingers

- 12 oz skinless boneless chicken breast
- 1 egg slightly beaten
- 1 T honey
- 1 t prepared mustard
- 2 c cornflakes, finely crushed
- dash of black pepper

Preheat oven to 450F. Cut chicken into strips. In a shallow dish, stir together cornflake crumbs and pepper. Dip chicken strips into the egg mixture; roll in crumb mixture to coat. Arrange chicken strips on an ungreased baking sheet & bake about 12 minutes, or until outsides are golden & chicken is no longer pink.

Skinny Dips

- Honey Mustard - 1/4 c dijon mustard + 1 t honey
- Kicked up Ketchup - 1/4 c ketchup + pinch chili powder
- Zesty Sour Cream - 1/2 c lowfat sour cream + fresh lime & cilantro

♦ JUNE SPECIALS ~ Summer Slim Down...

Buy any 20 pack of classes, take \$20 OFF!

Offer not to be combined with any other offer & is valid the entire month of June

Super Secret Summer Sale ~ June 20th

For 1 Day only Bodyfit will be having a storewide sale, but you have to stop in that Saturday to find out about the massive savings! Remember, we are only open from 9:30 am ~ 1 pm so put it in your calendars now & don't miss your chance at rock bottom prices! see you there.

Thank you to our Bodyfit Team for

stepping up to the barre to help cure cancer!

Saturday May 30, 2009 @ Comerica Park



Bodyfit Team had 16 proud supporters, young & old, who joined 30,000+ participants take large steps in an inspirational movement to help bring us closer to a cure.

BodyFit's June Northville Partner is Oasis Tropical Tanning!!!

Join us Friday June 12th from 7-8 pm for a Special Event exclusively for our members & friends!

Memberships are still only \$69/year - get 10% OFF ALL class packages & much more!!!

Oasis Tropical Tanning & Bodyfit will be offering sales during this event & don't miss our drawing for FREE prizes!!! Plus, if you bring a friend we will give you an additional 10% OFF any purchase at Bodyfit!

Please RSVP by Thursday June 11th & feel free to RSVP for future fitness friends!



MEMBERS ONLY JUNE SPECIAL

Bring in your membership card to Oasis Tanning & receive 50% OFF monthly packages & 1/2 OFF a tanning lotion when purchasing a monthly package.