



2010

◆ MARCH MADNESS

◆ *GET TAN & TONED for ONLY \$175!!!*

We are teaming up with Oasis Tropical Tanning to help you prepare for Spring Break 2010 with 1 month unlimited tanning & 1 month unlimited fitbarre classes, while saving you \$50!

\*packages must be purchased March 1st - 31st & is valid for 30 days from purchase. Tanning package is for level 2 beds only. Classes package includes fitbarre & fitbarre cardio only. Must be 18 years to purchase special.

◆ *Tracey's Birthday Blowout ~ March 6th Only*

In honor of her 37th Birthday (shhh, dont tell anyone!), **ALL retail will be 37% off!** Saturday from 9:30 am - 1 pm. *Excluding Sale Rack*

◆ *Referral Rewards ~ thank you for bringing your friends!*

If you bring in a friend for our \$20 for 10 days, then you get 1 FREE class!!!

Core Workshops with Kylee Lynch!!!

Kylee, certified Pilates & Barre instructor from Traverse City, will be teaching as a guest instructor this month. Please join her for the following special \$15 workshops:

Core Fundamentals ~ Sunday, March 7th @ 11am & Wednesday, March 10th @ 8:15pm

Power Mat ~ Saturday, March 13th @ 11am, Tuesday March 16th @ 5:30pm & Thursday March 19th @ 9:45am

Pilates at the Barre ~ Wednesday, March 24th @ 8:15pm & Tuesday, March 30th @ 5:30pm

Sign up & pre-registration required for all workshops. no packages apply.

Winter Bootcamp

Start the new year off right with Bootcamp! take your pick from 3 sessions:

M/W/F at 5:30 am or

M/W/F at 10:15 am or

T/Th at 8 pm & Sun at 9 am

March 4th - April 2nd

Sessions cost \$199 for 4 weeks!

space is limited - call to sign up & reserve your spot today! \*time slots are subject to cancellations depending on attendance

**CLASS FOR A CAUSE - Rhyer Scruggs**

Class for a Cause is a new program we've started and hope to have often. On a specified Saturday, during the 9:45 am class, we will invite all of our clients & friends to join us for a donation based class. We will also offer specials and/or drawings during these events!

This month, join us on **March 13th at 9:45 am** to honor Rhyer Scruggs! At only 2 years old, Rhyer has endured 5 surgeries, a massive stroke at 4 weeks old and numerous procedures. In total, he has spent more than 5 months of his first year of life in the hospital. And he currently has one more planned open-heart surgery in the near future. Yet through it all, Rhyer is thriving. And his amazing personality is completely attributed to the love from his family and the outpouring of prayers from friends across the United States. *We will have a drawing giving away a 5 pack of classes for those of you who donate..... So tell your friends and join us!*



*\* Fit-Recipe\**

Easy Fish Tacos

Salsa

1 mango, 2 plum tomatoes, 1 lime, 1/4 c chopped cilantro, 1 onion

Filling

1 lb flaky whitefish (i.e. mahi mahi, tilapia, halibut)

2 T canola oil

1 T lime juice

1/2 t chili powder

1 c shredded green cabbage

4 whole wheat tortillas

4 oz nonfat sour cream

Chop & combine salsa ingredients.

Heat grill. Cut fish into 4 pieces.

Whisk together oil, lime juice, chili powder. Brush mixture onto both

sides of each fillet; season with salt and pepper. Grill 3 to 4 minutes on

each side until cooked through. Fill each tortilla with 1 fillet, flaked

into pieces, and 1/4 c each cabbage and salsa; top with 2 T sour cream.

Saturday Instructors

March 6th - Kylee

March 13th - Lauren

March 20th - Traci

March 27th - Lizz

**Luck O' the Irish; St. Patrick's Day**

If you attend any of our classes on Wednesday March 17th you will get a chance to spin our wheel o' luck! Take your chance to find your pot of gold!!!

Discounts on classes, retail & FREE classes!

**April 2010**

Easter Sunday ~ closed 4/4

Tax Day ~ We are offering a break for you, on a day that's usually not so generous. Stay tuned for details on our sale April 15th for classes & retail!

Bridal Blitz ~ This is a discounted program designed for the Bride-to-Be and her Bridal Party. It will be over the course of several weeks & will offer discounts for your wedding at some of your favorite Northville boutiques! Stay tuned for further details!

