



2009

October is Operation Save Second Base

For Breast Cancer Awareness Month, Bodyfit has created a wall of hope - hope that we can save lives, empower people, support quality care & help find a cure. A \$1 Donation gets your name on our wall - any donation is accepted and greatly appreciated, so feel free to sign the wall of hope multiple times!!!!

Fall Bootcamp Update

We will be starting our next bootcamp session next week with Bev & Rebecca! take your pick from 3 timeslots

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
call to sign up & reserve your spot!

the next two sessions will be:

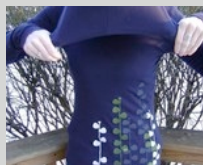
October 6th - November 2nd
November 3rd - December 3rd
(classes cancelled for Thanksgiving weekend)

Sessions will cost \$199 for 4 weeks,
or pay \$379 for 8 weeks! (all sessions
continuous weeks & must start on the dates above)

**Sessions start next week & we are
half full, so call today!!!**

New products coming into Bodyfit this month!!!

Ellembee - hand printed clothes that'll make you jump up & down. This line was started in White Lake, MI & features a variety of shirts & accessories with hand printed designs. We hope you'll find something to make you happy!



more local flare...Brightly Twisted is back!
Each piece is unique with a heart here or a star there.
So be sure to come in & check out each pashmina, long sleeve shrug, scoop neck, slub tee, yoga pant & more!

BodyFit Water Bottles are in!!! ONLY \$9 for a 27 oz aluminum BPA free bottle that you can use with our FREE water cooler!

* Fit Recipe *

Fluffy Peanut Butter Dip

1 sugar free vanilla pudding cup
3/4 c cool whip free
1/4 c Reese's Puffs Cereal
1 T reduced fat peanut butter
1/4 t vanilla extract

Put Reese's cereal in a zip lock bag & crush into crumbs using a rolling pin. set aside.

In a bowl, combine the pudding cup & peanut butter until completely mixed. Add Cool Whip & vanilla extract until mixed well. Stir in cereal crumbs and place bowl in the fridge. Refrigerate for at least 10 minutes before serving.

Serve with your favorite apples from a local orchard or pretzel sticks - one of Kristin's favorite snacks :)

CLASS UPDATES

Due to high demand in our Fall Survey you requested new classes be added to our schedule! However, some of those classes may need to be cancelled if we don't see more of your smiling faces at the studio in the next 2 weeks!

please join us for:

8:45 am ABS Blast on Mon & Wed
6:00 am fitbarre on Tues & Thurs
1:15 pm fitbarre on Tues & Thurs
8:15 pm fitbarre on Wednesday

Kristin is leaving Bodyfit :(

It is time for our favorite Yogi to move on to bigger & better things, so join us in wishing her well.

Her last yoga class will be Wednesday October 14th @ 7:15pm

Also join us for a celebration, sale & her last fitbarre class on Saturday October 17th @ 9:45am

Saturday we will also have a SALE on ALL Retail in the store, including new items...25% OFF!!

Sale from 9:30 am - 1 pm

YOU WILL BE MISSED BY ALL!!!

BodyFit's October Partner is all businesses that support Breast Cancer!!



Help us in this endless effort along with many other companies to include...

- Yoplait
- Special K
- Green Giant
- Betty Crocker
- Cottonelle
- Eggo
- Lean Cuisine
- Pillsbury
- Dove
- Edy's
- Stacy's
- Skinny Cow
- Thomas
- Nabisco
- Crest
- Venus Razor
- Totino's
- Keebler
- Arm & Hammer
- Frito Lay