



2009

Easter Schedule

fitbarre will be Cancelled Sunday April 12th @ 4pm for the holiday. Thank you for understanding.

◆ **APRIL SPECIALS** ~ Its SPRING CLEANING time!

the first day of spring just passed so its time for us to make room for our summer lululemon shipments!

**ALL items in our store 10 ~ 80% OFF**

stop in for huge savings that can't be missed April 1st - 11th

♣ Get Beach Body Ready

*it's the perfect time to start looking & feeling your best this summer with Bootcamp. Join Bev 3x/week & spring into shape!*

Bootcamp session dates

**April 19th - May 16th**

cost

**\$199 for 12 sessions  
FREE Nutrition Seminar**

Choose your timeslot

**M, W & F @ 5:30 am  
M, W & F @ 10:15 am  
T & R @ 8:30 pm with  
Sunday @ 9am**

*\* Fit Recipe \**

Asparagus Salad with  
Lemon-Garlic Dressing

- 2 T fat free sour cream
- 1 T fat free milk
- 1 t grated lemon zest
- 1 med garlic clove, minced
- 24 med asparagus spears
- poppy seeds (optional)

In a small bowl, stir together the sour cream, milk, lemon zest & garlic. Cover & refrigerate. In a large saucepan, pour in enough water to barely cover the asparagus. Bring to a boil over high heat. Add the asparagus and cook for 5 minutes, or until crisp-tender. Drain in a colander. Rinse with cold water and drain well. Cut on the diagonal into bite-size pieces. Transfer to a serving bowl. Add the dressing, tossing gently to coat. Lightly sprinkle with poppy seeds.

*Welcome to Bodyfit - Julie Shearer & Bev Cass!!!*

*Some of you may have already taken part of a class from Julie, but please join us in welcoming her as our newest certified fitbarre instructor. Julie will be starting to teach our Saturday 8:30 am Fitbarre class - let julie challenge your body April 4th at the barre!*

*Bev has been a long time enthusiast of Bodyfit attending fitbarre & yoga flow classes. Now she has joined our team to help Bodyfit grow in the Northville community as our membership coordinator - get to know Bev by attending her wine tasting event May 8th!*

**BodyFit announces our new Annual Membership!!!**

BodyFit will now be offering special discounts to all of our clients who wish to be members of our studio. This membership will not only get you exclusive discounts but will include you in fun events every month!

★ **10% OFF ALL CLASSES**

attend classes 4x/week & save over \$200/year!

★ Monthly events on the Second Friday of every month

★ **Special Monthly Retail Sale**

exclusively for Members Only

★ An additional 10% off our entire sale rack, all year round

★ **New Northville Partner every**

month who will offer exclusive discounts & specials

★ **FREE Water!**

**All of this is available for the low price of just \$69/year!**

You can pre-buy your membership this month with monthly events starting in May.

Our first event will be help May 8th at 7pm with Simply Wine - Mark your calendars!!!