



2010

◆ CUSTOMER APPRECIATION MONTH

This month marks our 3 year anniversary & our 1st year as Bodyfit! We want to start by saying 'THANK YOU' to all of you, we wouldn't be here today without your dedication to our studio. We feel very blessed to have had each of you step through our door & decide to keep coming back! To reward you all we have many wonderful things going on at the studio this month, we hope you can join us!

- ◆ Reduced Classes, the entire week, Feb 1st - 7th!!!
- Try any class with our new instructors Lauren, Marissa & Traci for only \$10!
- ◆ fityoga Thursday @ 5:30 pm with Lauren - FREE February 4th!
- ◆ Bodyfit Anniversary Sale ~ February 8th - 13th

All retail **and** classes **25% OFF** all week!!! Plus, join us for "thank you" FREE classes on Saturday 2/13 at 8:30 & 9:45 am! Come for class, stay for fun!

- ◆ Referral Rewards ~ thank you for introducing your friends!

If you bring in a friend & they buy our \$20 for 10 days, then we give you 1 FREE class!!! Plus, this month only, if they buy a 5 pack or larger on their first visit, we will give you 30% off any package - it doesn't get better than that!

Thank you again & we'll see you at the barre!

Sincerely, Lizz & Tracey

Sweetheart Sunday ~ February 14th

What could be better than spending a Sunday sweating with the one you love? Bring your sweetie, sister, father, neighbor or whoever you want to spend a fun-filled hour with for a fitbarre class February 14th at 10 am or 6 pm.

Spend the day your way & get their class for FREE, that's 2 for 1!

Winter Bootcamp

Start the new year off right with Bootcamp! take your pick from 3 timeslots, for 2 consecutive months:

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

February 2nd - March 3rd

(cancelled for Presidents Day weekend)

March 4th ~ April 2nd

Sessions will cost \$199 for 4 weeks, or \$379 for 8 weeks!

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

OUR NEW SCHEDULE STARTS MONDAY FEBRUARY 1st

More fitbarre classes to make it convenient for you to workout with us!

Tuesday & Thursday @ 6 am with Julie *sign up required the night before*

Tuesday @ 9:45 am with Marissa & Thursday @ 9:45 am with Lizz

Wednesday @ 6 pm with Marissa & Wednesday @ 7:15 pm with Carly

Thursday @ 5:45 pm moved to 6:30 pm with Lauren

Friday & Sunday @ 6 pm with Carly!!!

* Fit-abulous*

Winter Activities...

"Doing push ups with my baby on my back!

~ Melissa

We want to know what fabulous thing you do to stay fit & healthy, besides coming to BodyFit of course! Write your secret down and drop it in our Fit-abulous jar and if we choose your idea to be printed in the next newsletter, you will win a \$5 gift card to Bodyfit!

SNOW DAYS

Please be aware that if Northville Public School District is closed, all of our AM classes will be cancelled that day. The studio will resume classes that evening.

Thank you for understanding.

Saturday Instructors

February 6th - Lauren

February 13th - Marissa

February 20th - Carly

February 27th - Julie

FitMama

Prenatal Exercise Classes w/Rebecca to help increase your strength & energy! Saturdays @ 11 am, starting Feb 20th Sign up for a 4 week session just \$60!

March 2010

Tracey's Birthday Sale ~ in honor of her 37th birthday (shhhh, don't tell anyone!), all retail will be 37% off (excluding sale rack), but only on March 6th!

Class for a Cause ~

March 13th to support Rhyder Scruggs, who has Hypoplastic Left Heart Syndrome

Luck O' the Irish ~ Come join us for classes on St. Patrick's Day, and you will get a chance to spin our Wheel O' Luck!

Bridal Blitz ~ It's FINALLY here!! 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!

Spring Fever Blowout to melt those winter blues away...details to follow.