



2009

Thanksgiving Weekend Schedule

Thursday ALL Regular Classes Cancelled  
except 8:30 am Workshop w/Lizz, details below  
Rest of weekend same schedule

◆ NOVEMBER SPECIALS

- ◆ **GIRLS NIGHT OUT ~ Friday evening, November 13th**  
Stop into our exercise boutique to enjoy wine, snacks & savings! Take 20% OFF the entire store & save an additional 10% if you have an existing package or for new clients, sign up for our \$20 for 10 days & save 10% too!
- ◆ **After Turkey Day Sale ~ Saturday, November 28th**  
All merchandise 25% OFF plus a reduced sale rack - 9:30 am - 3pm?
- ◆ **Give the gift of health this holiday season. Buy a Gift Card of \$100 or more & get \$20 Bonus Dollars for you or a friend!**
- ◆ **Get an early start on burning the turkey, stuffing & pumpkin pie with our Ab Booster Workshop on Thursday November 26th at 8:30 am w/Lizz a special 1.25 hour fitbarre with extras for ONLY \$20 - sign up & pre-payment required**

Final Fall Bootcamp

We will be starting our last bootcamp sessions in 2009 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

November 3rd - December 3rd  
There will also be a makeup session on Sunday December 6th at 9am for anyone who missed a class (classes cancelled for Thanksgiving weekend)

Sessions will cost \$199 for 4 weeks  
space is limited - call to sign up & reserve your spot today!

What's Next Wednesday??? w/ Jessica Niespolo

We want to add YOUR FAVORITE class to our Wednesday PM schedule but we need your help deciding what that is going to be for the new year. So, until then we are going to have a new class every Wednesday at 7:40 pm. This class will be just \$10 for everyone to try - so join us starting November 4th with our newest teacher, Jessie who joins us as a certified barre, pilates, yoga & group instructor. Please be sure to provide feedback to the desk before you leave or send us an email!

- November 4th - Cardio Core, 30 mins low impact cardio w/30 mins core
- November 11th - Power Mat, challenge your entire body with Pilates Mat
- November 18th - fitfusion, power yoga at the barre

wednesday 6pm fitbarre will now be at 6:30 pm

\* Fit Recipe \*

Baked Sweet Potatoes w/ Ginger & Honey

- 3 lbs sweet potatoes, peeled & cubed
- 1/2 c honey
- 2 T ground ginger
- 2 T walnut oil
- 1/2 t ground cinnamon
- 1/4 t ground cloves
- 1/4 t ground alspice
- 1/2 t ground black pepper

Preheat oven to 400F. In a large bowl, toss together all ingredients. Transfer to a large cast iron frying pan. Bake for 20 minutes in the preheated oven. Stir the potatoes to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the sweet potatoes are tender and caramelized on the outside.

Spreading the Warmth WINTER COAT DRIVE

Northville's Women with a Purpose are holding their annual coat drive this year November 2nd - 6th, with distribution on the 7th. Bodyfit is honored to be one of the drop off locations for this effort. Please bring in your new or gently-used coats, hats, scarves & gloves. Families will come pick out their items at a school on Saturday 7th & the remainder will be donated to the Detroit Outreach Group. Please help support a family in need during these tough times & cold days. Thank you!

FITMAMA - prenatal exercise class coming soon, Saturday @ 11am stay tuned for more details...

Holiday Retail Hours

We will have extended holiday hours of our retail for convenient shopping-check back for extended hours between Thanksgiving & New Years.

Reminder: Sunday, Nov 1st is Daylight Savings - BE SURE TO TURN YOUR CLOCKS BACK 1 HOUR!

**HOLIDAY HAVOC** - Workout when it fits into your busy schedule this holiday season while saving your waistline & your wallet for 6 weeks, just \$199!!  
November 21st - January 2nd

Save over \$500 with this package, plus sign up with a friend & save \$10!

This special package includes:

- 24-fitbarre classes
- 6-What's Next Wednesday classes
- 3-1.25 hour workshops
- 1-Nutrition Seminar
- before & after results
- weekly updates & more!