



2009

Labor Day Schedule Update

Saturday Sept 5th 8:30 am ONLY w/Julie
 Sunday Sept 6th 10 am ONLY w/Carly
 Monday Sept 7th CLOSED all day

◆ SEPTEMBER SPECIALS

Back to School Rules ~ FALL back into shape

- ◆ We want to thank all teachers for their wonderful work - show us your school id & get student pricing, 10 classes for \$100. Offer ends Sept 30th
- ◆ Bring your friends to Bodyfit & we'll reward you! Existing clients get a FREE class the day they bring a new friend to any class at Bodyfit - your friend gets \$20 for 10 days & you get a Free class, why not share your lifted seat with someone you love?
- ◆ Get your back to school backside!!! September 12th @ 9:45 am
 Join Lizz for this 1.5 hour class focusing on lifting your backside for only \$20. Packages do not apply & space is limited, so sign up today! we will still have our regular 8:30 fitbarre
- ◆ Our new fall schedule starts September 8th ~ check it out online

Fall Bootcamp Update

We will be starting bootcamp sessions next week with Bev & Rebecca! take your pick from 3 timeslots, for 3 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
 call to sign up & reserve your spot today!

the three sessions will be:
 September 8th ~ October 5th
 October 6th ~ November 2nd
 November 3rd ~ December 3rd
 (classes cancelled for Thanksgiving weekend)

Sessions will cost \$199 for 4 weeks,
 \$379 for 8 weeks or commit for 12
 weeks & pay only \$559! (all sessions
 continuous weeks & must start on the dates above)

Client of the month ~ Marissa Malcolm

If you have attended class at Bodyfit in the past two months chances are that you may have run into a newer face here, Marissa Malcolm. Marissa started taking classes here on June 15th & has taken class almost everyday since! This summer she says "People have been telling me I'm looking slimmer and toned. My jeans are also getting too big. Yay!!" We would have to agree with them, losing inches is one of the many benefits of taking fitbarre. She also adds "I love the energy all the teachers have. It's a killer workout that I enjoy coming to everyday." Marissa is a resident of Plymouth and recently graduated from Michigan State University. She enjoys yoga, following fashion trends, cooking/baking & of course, fitbarre!



Marissa you are an inspiration to everyone, thank you being so committed to us!

** Fit Recipe **

Salmon with Lemon & Dill

1 lb Salmon fillets (preferably caught in the great lakes:)
 2-3 T olive oil
 1 lemon
 1/2 T dill weed
 1/4 t garlic powder
 sea salt to taste
 fresh ground pepper to taste

Preheat oven to 350F. Line a baking dish with aluminum foil, enough to cover top of fish. Place the salmon in the center of the foil. Mix together the oil & dill weed & then drizzle over fish. Season with garlic powder, sea salt & pepper, then place fresh lemon slices on fish to desired taste. Close aluminum foil & bake 20-25 minutes or until fish is easily flaked with a fork!

I made this dish last night & served with steamed sugar snap peas - delicious ;)

Yoga Update

due to an emergency, class will be Canceled this Wednesday September 2nd @ 7:15 pm class resumes September 9th

Join BODYFIT on Facebook & stay connected with the staff, clients & special promotions! Post on our wall & get status updates by becoming a fan!



BodyFit is going green!

September will be bringing a new water supply to BodyFit. We are moving out our fridge & getting an Absopure water cooler. Be prepared to bring in your own water bottle or purchase a BodyFit bottle, available mid-September.

Try our new ABS blast!

30 minutes of intense core training for only \$10, or \$5 if you take it with a fitbarre class!
 Try it September 8th at 7:30 pm or September 9th at 8:45 am for FREE!

BodyFit's August Northville Partner is Red Pepper Deli!!!

Stop into Red Pepper Deli to enjoy an array of delicious raw foods!

RED PEPPER DELI
 ALL ORGANIC ALL THE TIME

SEPTEMBER SPECIAL
 Get 10% OFF your entire bill