



## DECEMBER NEWSLETTER

### WINTER WONDER BABES...

Dashing through the snow, but not off to grandma's house! It is off to the sexy studios of Xpose...

Yes, ladies, it is time for another dose of all things sexy... secrets, news and full XPOSURE!

### CLOSING ANNOUNCEMENTS...

**ATTENTION DIVAS . . . due to the holiday season, Xpose will be closing its doors for the week of December 26<sup>th</sup>- December 31<sup>st</sup>. We will be spending time with our loved ones and gearing up for the grand opening of Arundel Mills. We will re-open for business on January 2, 2006! Thanks for your understanding. WE CAN'T WAIT TO SEE YOU WHEN WE GET BACK!!! We will be ready to meet all of those New Year's resolutions with you...**

### NOVEMBER IN REVIEW...

Now, Xpose would like to introduce the re-designed, user-friendly, Xpose Fitness website. Thanks to all of the feedback from divas at Xpose, we designed a much more sophisticated website that is as user friendly as it is sexy. Check out the new online catalog! Have our sexy slogans and work-out accessories sent right to your friends and family with a click of the mouse. Don't forget... Gift certificates on-line have FREE shipping to your loved ones!

This month Xpose Fitness was in the Baltimore Sun's Health and Fitness Expo. It was held November 19 at the Timonium Fairgrounds. Xpose staff handed out information about our classes and made more women aware of our sexy work-out routines. Our very own, Jennifer Chavis and Marie Johnson performed some basic spins and floor/chair moves for the audience - It was a big hit! Thanks to all the ladies who stopped by to say hi at our booth!

### A SPECIAL HOLIDAY WISH...

The staff at Xpose Fitness would like to send its warmest holiday wishes to all of the clients of Xpose. Your warmth and friendships have brought joy to us all this year. Have a fabulous new year!

**As a special thanks to all of our clients, for the month of December we are offering FIVE DOLLAR FRIDAYS! Hold on to your class cards, get**

**classes all day and evening on every Friday in December for only \$5. That is almost half off our regularly priced classes!**

### **ARUNDEL MILLS UPDATE...**

The floors are being installed, the painters are painting, and the construction workers are drilling in the poles... Unfortunately, not fast enough! We are now looking at a Grand Opening date of January 16<sup>th</sup>! This will be exactly one year from the date we opened our doors at the Towson studio... so keep your eyes peeled for the January newsletter where we will be posting our One Year Anniversary specials at Towson as well as our Grand Opening specials at Arundel Mills!!! Please check back to the website for details and the most current updates.

### **ALWAYS WANTED TO OWN YOUR OWN BUSINESS?...**

Want to learn how you can own your own Xpose Fitness? Get information and a franchise application today. Email our franchising department at [xpose@xposefitness.com](mailto:xpose@xposefitness.com) to get more information. Please keep in mind that although we are able to franchise in most states at this point our registration with the state of Maryland is still pending, however we anticipate it shortly. Please go to our website and click on "Business Opportunities" for details.

### **SEXY SECRET OF THE MONTH...**

The holiday season doesn't leave much time for sleep. Are your eyes showing signs of fatigue with dark circles and puffiness? Here is a great solution to get your eyes ready for all of the holiday photos . . .

Clean your face of all make up. Cut thin slices of cucumber. Chill them. Lie down with your eyes shut and the cucumbers under your eye area. Leave the cucumbers on for 15 minutes. Gently rub the slices over and under the eye area, and then wash off. You will feel relaxed and refreshed. The natural moisturizer from the cucumber acts as a healing tonic and the juice helps to lighten the skin!

When you get in from the hot sun, your eyes are tired and bloodshot. You also develop dark circles and shadows due to heat and pollution. Wash your face and place ice cubes in a cloth. Shut your eyes and place the ice cube pack over each eye. Rub gently, this will ease the burnt feeling and lightens the dark circles under your eyes!

### **SUGGESTION OF THE MONTH...**

Our suggestion box has had some sweet suggestions . . .

This month our \$10.00 gift certificate goes to Tamarian Ythier. Tamarian suggested a way to get the Ladies of Xpose into the holiday spirit by collecting toys for the Toy's for Tots organization. She thought it would be a great way for all of the diva's to support our local communities. So, Xpose Fitness is proudly sponsoring the NORTH POLE DANCING DRIVE . . .see details in the December event.

Thanks! Keep those suggestions coming – we love to hear them!

## **NORTH POLE CHICK DRIVE . . .**

Want to be a sexy little helper this Holiday Season? Give back to the community by donating toys for local children. Xpose Fitness will be collecting new, unwrapped toys for children of all ages. We will then donate all of the toys to TOYS FOR TOTS to benefit local children.

For every toy you bring in you will receive an entry to win free classes!

## **THE PERFECT HOLIDAY GIFT...**

Need a holiday gift idea? Gift certificates are available for any dollar denomination. We will wrap the gift certificate and include information on class times and class descriptions! You can also order them on-line with FREE shipping...It is the perfect way to share the secret of inner sexiness!

## **THINKING OF NEW YEAR RESOLUTIONS...**

Don't know what to do as a New Year's resolution? How about trying something daring, exciting, invigorating, new, and sexy? Sound too good to be true? It's not! Try a Pole Level Two Class. It isn't as scary as it seems. It will challenge your body to increase in strength. It will build trust and confidence within yourself, you will learn how daring, beautiful, athletic, and flexible you really can be.

Remember, pole classes go at your own pace. Try a pole level two class to learn a few moves. You can move back and forth in between levels to your comfort level. The first few times, a move might not be sexy, but don't despair! Our instructors are here to help guide you and bring out that inner diva!

## **SEXY SONGS...**

Each month the Ultra Sexy Xpose Instructors each pick a favorite song that they like to get their sexy on to... Enjoy...

Jennifer	"I Close My Eyes" by Shivoree
Alison	"Let's Get It On" by Marvin Gaye
Takara	"Please" by Toni Braxton
Michelle	"Pour some Sugar on Me" Death Leopard
Marie	"Spin You Around" by Puddle of Mudd
Kat	"Dance with Me" by 112
Courtenay	"Nadine" by Frank Black and the Catholics

## **UNTIL NEXT TIME...**

Walk tall, walk strong, but most importantly...

**WALK LIKE A WOMAN!**

Xpose Fitness...1700 Joan Ave...Baltimore, MD 21234... [www.xposefitness.com](http://www.xposefitness.com)... 410.661.1301

If you wish to respond to this e-mail please do so to [anita@xposefitness.com](mailto:anita@xposefitness.com) . We do not share our e-mail lists under any circumstances. You may unsubscribe to this and all future mailings at anytime.

To unsubscribe to this newsletter, please log on to [www.xposefitness.com](http://www.xposefitness.com) and scroll down to the bottom of the home page and hit "unsubscribe". Your information will be removed.