



## **\*\*JULY NEWSLETTER\*\***

### **\*\*GREETINGS DIVAS!**

Firecrackers aren't the only things sizzling this July! It is time for another dose of XPOSURE... sexy secrets, upcoming events, and more...

### **\*\*MONTH IN REVIEW...**

June was hot outside of our studios and even hotter in them!

This past June, Xpose Fitness went digital! All new membership cards are now on Key Tags! Instead of fishing around in your purses, Xpose Fitness will fit right on your keys. In July, when you purchase a new class card, you will receive your very own Diva Key Tag to use. Come, sign in, and hand us your keys and we will scan your card to check you in.

We are pleased to introduce a new package deal for our morning Divas. For \$59 a month you can come in Monday through Friday from 10-4 and take classes. The card is good for 30 days with unlimited uses within the specified time frame. This amazing deal isn't published in our brochures yet but is being offered for all of our sexy members to enjoy.

Not only are we offering a new type of class card but we are offering a new package deal for our members. Introducing the "Get Xpose-d Gear" Package. Now you can purchase a shirt (\$18.99 value), a Yoga Mat, and Shoes for only \$69.99!

### **\*\*TEAM XPOSE...**

On June 26<sup>th</sup> Xpose Fitness was the sexiest team out on Rash Field. The past field trip was participating in the Baltimore Women's Classic 5K run to benefit the Barnett-Searing National Cancer Foundation. The women ran or walked to raise money for a good cause then were treated to a truly sexy cool down. Our very own Takara Collins led the cool down for all of the run's participants in a sexy fashion that made Xpose proud! Thank you to all the women who participated in the Baltimore Women's Classic 5K run!

### **\*\*FRISKY FIELD TRIP OF JULY**

**BACK BY POPULAR DEMAND...** This month's frisky field trip is to The Gentleman's Gold Club but this time we will be watching the Exotic Dance Championships!! This event only happens once a year and is a great opportunity

to observe some professionals and to pick up a few new moves and watch crazy pole tricks. The field trip will be held on July 22<sup>nd</sup>. To start the evening off women will meet at Xpose Fitness for cocktails and appetizers from 8:00 – 9:00pm. After the happy hour we will hop on the bus to go down to the Gold Club to enjoy an evening out with the ladies! We will be returning to Xpose at 1:30am. The trip only costs \$20.00 per person which includes cocktail hour, transportation to and from the Gold Club and your cover charge. We can only take 38 women and this trip books fast so sign up soon!!!

**\*\*There will be no 8pm classes Friday July 22<sup>nd</sup> due to our Field Trip\*\***

## **\*\*PUBLICLY PUBLISHED**

Andrea Walker of the Baltimore Sun joined us for a saucy Xpose Workout session. Andrea's article will be published in this Sunday's paper – so be sure to pick one up! Thanks to your glowing recommendations and continued referrals we are attracting media attention. All the ladies at Xpose want to say thank you to all the women who make referrals and support our fitness center. Remember you can rack up free classes for all of your referrals. Tell your friends to mention your name when they come in, or grab some of our referral cards. We will keep track of them for you.

## **\*\*SUGGESTION OF THE MONTH**

Our suggestion box has had some fabulous new suggestions for this month.

This month's \$10.00 Gift Certificate goes to.... Michelle Bentley! Michelle's suggestion was to create a sexier atmosphere for our studios. To help women get in the mood she suggested removing some light bulbs to create a dimmer atmosphere. Congrats Michelle and keep those suggestions coming!

## **\*\*LET US KNOW WHAT YOU THINK**

Xpose is currently in the process of adding a "Testimonial" page to our website. We have received so many wonderful comments about our classes, if you would like to have it posted on our site please e-mail it to [jessica@xposefitness.com](mailto:jessica@xposefitness.com).

## **\*\*SEXY SECRET OF THE MONTH**

Cellulite... eeeewwww.

Have no fear, Xpose is here! There are home treatments to get rid of the lumpy skin. Caffeine can not only give you a jump start in the morning, but it can give your skin a jump start too!

This can get a bit messy ladies, so place some newspaper on the floor of your bathroom to prevent a huge cleanup later. Then collect your materials. You will need plastic wrap and used coffee grounds. The coffee grinds should be slightly

warm, not unbearably hot. If your coffee grounds were saved from the morning just throw them in the microwave to get your desired temperature.

Rub the grinds on your problem areas. Most of the grounds will fall onto your newspaper but they will leave a residue behind. After applying the grounds wrap your leg in the plastic wrap and let it sit for a few minutes. After you remove the plastic wrap rinse your leg. For top results try the treatment twice a week and POOF – be gone lumpy skin!

## **\*\*CLASS TIMES**

Please know that we make our class schedules according to the attendance and demands of our clients. If there are any times that you would like to see on our schedule please feel free to drop your suggestions into our suggestion box located in the changing room.

Remember... the pole room is limited to 10 Diva's a class, so be sure to call in advance to reserve one! Reservations are only taken up to 24 hours in advance and require no deposit. If you can't make it please call to cancel your reservation so another Diva can get her sexy on!

**\*REMEMBER** in celebration of Independence Day, Xpose Fitness will be *closed* on Monday July 4<sup>th</sup>. Be ready to get your sexy on for the following Tuesday, we will resume our new schedule on July 5<sup>th</sup>!

## **\*\*SONG SELECTIONS**

Each month we are now going to have our Xpose Instructors each pick a sexy favorite song. Here they are....

Jennifer "She Wants to Move" N.E.R.D.

Summer "Break You Off" The Roots

Allison "When Dove's Cry" Prince

Takara "Don't Cha" Pussy Cat Dolls

Christina "Stripped" Depeche Mode

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

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

**WALK LIKE A WOMAN!**

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