



MARCH NEWSLETTER

HELLO DIVAS!

This is the first of our monthly newsletters and we want to thank each and every one of you for helping to make the Grand Opening of Xpose Fitness a success!

SPECIAL NOTE

Most importantly we want to thank you, our clients, for your continual support and patronage. It is so great to hear all of the success stories coming through the door! We have heard of pounds lost, inches lost, increased flexibility and so many of you have shared your greater sense of self-confidence... way to go ladies! Keep up the great work and please continue to share your successes with us.

MONTH IN REVIEW

Our Grand Opening was January 17th with free classes from January 17th – January 22nd. We had an incredible turnout and great support from the community. We want to thank all of the media for their encouragement and coverage! Thank you to WBAL for their interest in our program and inviting us onto their Morning Show January 16th to kick off our Grand Opening. Thank you to Mix 106.5 for featuring us as the “Website of the Day” on January 13th. Also, a special thank you goes to Jennifer Gilbert and the staff at FOX45 for the excellent “Cover Story” that aired February 7th.

COMMUNITY NEWS

Our Networking board, located in the changing room, has been a great success as well. Remember to leave your business cards and check out the board to see what other women are offering. Some ladies are offering discounts to Xpose Fitness clients for various products and services. Check it out!

SUGGESTION OF THE MONTH

We have also received so many wonderful suggestions, many of which we have already implemented. Because of your great feedback we now have a suggestion box, also located in the changing room and we are offering a \$10.00 gift

certificate to the member that has the best "Suggestion of the Month". The winner for February is Sunnie Hawkins who suggested a "field trip" that we will be having on March 12th. Cost will be \$25.00 and will include cocktail hour at Xpose Fitness, transportation and cover charge. Cash or check will be accepted at the front desk to hold your spot on the bus. Space is limited! Congrats Sunnie! And remember, we are always ready to hear a great idea!

REFERRAL REWARD STARS

Several ladies have earned free classes for sharing our program with their friends. We always look forward to seeing new faces, but really appreciate our dedicated supporters. Please look on the list on the bulletin board in the changing room to see if your name is on it. You may have earned free classes as well! We are happy to see that you are sharing your enthusiasm with others - Just don't forget to tell them to mention your name!

SEXY SECRET OF THE MONTH

If you're interested in our Sexy Secrets, they will be featured in our monthly newsletters. This month's Sexy Secret is Preparation-H. What?? You heard me... run out and buy a tube of Preparation-H. This miracle cream is not only used for its intended purpose, but also by celebrities and models alike for its shrinking ability. Next time you wake up with bags under your eyes, just dab a tiny amount (key part here ladies... a little goes a long way!) on the puffy area and presto! Its not just for hemorrhoids anymore!!

NEW NEWS

- Our March schedule is now on line. For your convenience we've added some new classes and times. We schedule our classes according to the needs of our clients so please give your feedback on the times that are most convenient for you!
- March marks the month of our pole rentals and sales... now you can practice at home and show off your new pole tricks!
- Our private party brochure is now available, so keep us in mind when you're planning your next bachelorette party or even a fun girls' night out. It's a great way to start out an evening.
- Progress Tracking is available by appointment only, offered 10am-4pm Monday through Friday, & 10am-6pm on Saturdays. This will include waist, arms, legs, & hip measurements, as well as body fat composition. Sometimes the scale isn't the best indicator of improved fitness. We're losing those fat pounds, but gaining muscle. Seeing our progress on paper gives us much more incentive to continue to work toward our fitness goals.

SPICE IT UP ACCESSORIES

From time to time we will announce a "Spice It Up Accessory of the Month" for our clients to bring in & include in our workouts. This is to add spice to our classes and make them even more fun. You can bring them to every class during the month. This month our Spice It Up Accessory is: A BUTTON-DOWN SHIRT. Any button-down shirt will do, and this is completely optional. Feel free to improvise and just pretend during that part of the classes if you forget your shirt for that day or choose not to bring one. Workouts are kind of like relationships, they will hold your attention longer if you spice things up & make them interesting.

Remember...

Swimsuit Season is right around the corner! Let's dance those sizes away! Anyone interested in volunteering for a before and after picture please contact us. We know you are all working hard to better yourselves, inside and out, and we want to share your successes.

UNTIL NEXT TIME...

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

WALK LIKE A WOMAN!

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