



NOVEMBER NEWSLETTER

HELLO DIVAS...

This month offered a fury of hip rolls and cat crawls. As the temperature drops, and winter weather creeps in... Remember, you can always heat things up at XPOSE!

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

HALLOWEEN HOTTIES...

If you happened to skip the Halloween party this month – you really missed out! The costumes were Amazing and Super Sexy! A great time was had by all!

The winners of the Halloween Hottie contest were:

3rd Place: Sherry Zink

2nd Place: Yolanda Thompson

GRAND PRIZE WINNER: Jeanetta Johnson

Thanks to all the women who came dressed to impress... We had a great night with you!

NOVEMBER EVENT...

TOP SECRET – This super secret Xpose event won't be announced until the week before it is to take place... We can not risk any leaks. All divas on our exclusive Xpose News list will receive an e-mail in approximately 2 weeks... It will contain the instructions for your mission this November... Be on the look out for it!

ARUNDEL MILLS UPDATE...

Well ladies... we have some bitter sweet news for you...

The Arundel Mills opening is being postponed until New Year's... Don't get too upset... It is only 2 months away!

I have to admit at first we were very disappointed but then we thought – hey – January is also the 1 YEAR ANNIVERSARY of Xpose! So we decided to have the biggest Grand Opening EVER with Free Classes all week at the new location as well as specials and sales at both locations!!

We will keep you posted on every detail as the situation progresses...

SEXY SECRET OF THE MONTH...

As the temperature outside goes down, our heaters click on – and we all know what that means... dry skin. Well, the women of Xpose have found a neat little secret to slough off that dry skin to reveal your younger, glowing self!

Feel your freshest by giving your face a treat this winter... run out to any discount store (Target, Wal-Mart, etc...) and pickup a product by Neutrogena called the “At Home Microdermabrasion System”. This little box works wonders!

Don't be intimidated by the price tag... this box is worth its weight in gold! Microdermabrasion is recommended by dermatologists and salon professionals because it is a highly effective way to promote surface cellular renewal to rejuvenate your complexion with lasting results. The system is a three step process – with this really neat little scrubber attachment that will leave your face feeling tingly and fresh! Follow the directions carefully and you will XPOSE your younger self!

SUGGESTION OF THE MONTH...

Our suggestion box has had some great suggestions for this month...

This month our \$10.00 gift certificate goes to Nicole Kramer. Nicole suggested a new Chair/Pole Combo class!! Look for this new class on our November schedule. It will be held on Tuesdays and Thursdays at 5:30pm in the pole studio. We will have the pole studio set up with chairs also so we can pull everything we have learned into an incredibly saucy routine! This class is an intermediate class so make sure you have some pole work and a few floor/chair classes under your belt... and remember to reserve your pole!

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

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. If you can't make it please call to cancel your reservation so another Diva can get her sexy on!

NEW INSTRUCTOR TRYOUTS SCHEDULED ...

Thanks to all the women who responded to our posting for instructors for the new location... the response was tremendous! Tryouts are being scheduled throughout the month of November, so if you have not been contacted please call 410.661.1301 to schedule your time. Bring your sexy moves to show us what you got! If you are still interested in applying, get an application in ASAP. You can request information by emailing Anita at anita@xposefitness.com or you can pick up an application from the front desk.

BABY NEWS...

Christina Kennedy, our lovely pole instructor, is now officially on maternity leave. She is doing fine and is very excited to announce that... IT'S A BOY!!! Mommy, Daddy Russ and big sister Megan, 3, are very excited for his arrival this February! Christina is proudly sporting her "Pole Dancing Got Me Pregnant" T-shirt...

THE PERFECT GIFT...

So you figured the perfect gift for that "special someone" is to show them all of the super sexy moves that you have learned this year... Stage fright? Don't know where to begin? No Problem!

Organize a private lesson with your favorite instructor today! The instructor will work with you for two hours on a personalized routine to show off your best assets! Your private instruction session comes with a CD full of 17 of your favorite Sultry Songs to get you in the mood and a VHS tape of the routine so you can practice your steps at home!

The holiday season is swinging into full gear and what better gift then a personalized super saucy one-of-a-kind routine choreographed just for you!

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	"Oh My God" by Pink
Alison	"We Can Do it Anywhere" by 112
Takara	"My Humps" by The Black Eyed Peas
Kat	"I Don't Care" by Ricki Martin
Michelle	"Really Got Me" by Van Halen
Marie	"Back in Black" by AC/DC
Courtenay	"What's Mine is Yours" by Sleater-Kinney

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... 410.661.1301

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