



## SEPTEMBER NEWSLETTER

### HEY SEXY LADIES!

Summer is slowly winding down, but things are still scorching hot at Xpose! Read on for your monthly dose of sexy secrets, songs, and XPOSURE...

We added a fun video clip for your viewing pleasure, be sure to download it! Enjoy!

### HELP...

As you all know Xpose takes great pride in getting involved with women's charities. This past week Hurricane Katrina has devastated our neighbors to the south. Many women and their children are homeless and without even the basic essentials such as water, formula and diapers. We at Xpose are asking all of you to PLEASE go to [www.redcross.org](http://www.redcross.org) and donate anything you can afford – they will accept donations as little as \$5.00 and it only takes a few moments of your time. EVERY LITTLE BIT HELPS!

### MONTH IN REVIEW...

ON A MORE UPBEAT NOTE... This month our sultry instructor, Jennifer, was featured on the WBAL Channel 11 News Fitness Segment. She was able to demonstrate a few of our sexy Xpose moves to the women of Baltimore (or at least the women of Baltimore that are up at 6:15 am)...

We have also introduced our new shirts this past month. The slogan reads: "I'm a pole dancing, back bending, ass kicking princess." The first batch flew off the shelves and more are coming in... Wear them proud ladies!

### SEPTEMBER EVENT...

Brunch at Xpose... Be on a National DVD! Get Free Classes!

We are filming a floor/chair class and a pole class as well as client testimonials for our national marketing campaign. We can only hold 18 customers for the filming so call now to sign up.

We will be serving Mimosas and Muffins while filming is taking place.

*Date:* Sunday, September 11<sup>th</sup>

*Time:* 11am – 3pm

*Cost:* NOTHING! As a matter of fact, those ladies that join us will receive a gift certificate for 2 FREE CLASSES at Xpose as well as a copy of the DVD when it is finished!

So, if you feel like telling the world about your wonderful experiences here at Xpose... Call us today at 410.661.1301 to reserve your spot!

## WELLNESS CONSULTATIONS...

Do you need a little help losing those extra pounds? Want to monitor your progress? Does your diet and exercise plan need a boost? Confused about proper nutrition? Xpose Fitness has the solution for you. Xpose offers two different types of one-on-one consultations that can help you get on the right track. Jennifer Chavis, a community health specialist, will calculate your Body Fat Measurements and Body Circumference Measurements as well as guide you through Diet and Exercise Counseling with Monthly Progress Reports. For more information, inquire at the front desk or email Jennifer at [jennifer@xposefitness.com](mailto:jennifer@xposefitness.com).

## 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 Becky Bloom. It was Becky's idea to add a beginner's pole class. So, Xpose Fitness is proud to present three different levels of pole classes: Beginner Pole, Pole Level 1, and Pole Level 2.

*Beginners Pole:* The basics of any pole dancing. The class focuses on strengthening, walking, and transitional moves used around a pole.

*Pole Level 1:* This class builds off of the transitional moves learned in Beginners Pole and adds some basic spins. Perfect for those who want a taste.

*Pole Level 2:* More elaborate spins and tricks are taught in this class. Transitional moves are pulled together with climbing, holds, and spins for a more challenging but oh-so-sexy routine. Who knows... you may even end up upside down!

Remember ladies, take the classes at your own pace. It is up to you to determine when you are ready to advance to the next level. We hope this helps make the transitions a little easier.

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

## SEXY SECRET OF THE MONTH...

Getting tired of shaving your legs on a daily basis? The summer season is winding down and so is our patience for shaving our legs. If you need a fast remedy for shaving your legs – but don't have time to shower - try our sexy secret of the month...

Take a generous amount of baby oil and rub onto your legs prior to shaving. This moisturizes your legs and protects them from the razor to avoid unsightly bumps. Shave as usual. No need to wash after, just blot with a towel to remove excess oil.

The time consuming ritual is no longer a hassle when you are on the run, now your legs will be shiny AND smooth the next time you go out!

### **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!

**\*\*REMINDER...** the September schedule is out and on-line. There are no 8 pm classes on FRIDAY evenings and the new "Beginner Pole" Class has been incorporated into the schedule\*\*

### **SEXY SONGS...**

Each month we our Xpose Instructors each pick a favorite song that they like to get their sexy on to... Enjoy...

Jennifer	"The Way She Dances" by N.E.R.D.
Allison	"Erotica" by Madonna
Takara	"The Whisper Song" by Ying Yang Twins
Christina	"Cool" by Gwen Stefani
Kat	"Grind with me" by Pretty Ricky
Michelle	"Sexual Thing" by Poison
Marie	"Pony" by Genuwine
Courtenay	"La La Loveletter" by The Pixies

### **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

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