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## APRIL NEWSLETTER

### SUGAR GIRLS...

Sugar may be sweet, but there is nothing sweeter than the girls of Xpose. Yes, ladies, it is time for another dose of all things sexy....secrets, news and full XPOSURE!

### SWEET CHARITY AT XPOSE . . .

Show your sweet side and join Xpose in our annual Spring Drive! Now is your chance to help women and children of domestic violence. There will be a collection bin at both Xpose Fitness locations throughout the month of April. All items will be donated to Bea Gaddy's Women and Children Center on Chester St. in Baltimore.

The shelter provides housing for homeless women and children and offers self-development and job training. For more information on the center go to

<http://www.jhsph.edu/source/VolunteerAgencies/SocialIssues/BeaGaddy.html>

Bea Gaddy's is in need of the following items: sheets, baby items, new/used clothes, books, personal hygiene items, blankets, women's clothing various sizes, women's coats.

If helping your fellow woman isn't incentive enough, Xpose is offering a drawing for women who participate in the Annual Spring Drive. Bring in clothing of hygiene products and get a chance to win our grand prize of a **6 CLASS CARD!** A winner will be drawn for both the Towson location and the Arundel Mills location. Divas who contribute will be given the chance to draw from a basket of festive eggs. Other prizes include candy, single class, and a six class card.

### SUGGESTION OF THE MONTH...

This month's suggestion came from multiple sources, so we choose the Diva who recommended it first! Sorry Ladies, it was the only fair way to do it...

This month's \$10 Gift Certificate goes to Erin Narutowicz. Erin suggested that we do another one of our famous Field Trips! You asked for it ladies, so we will be taking our outing to the Club to watch the professionals perform all the moves you are learning in classes. The field trip will take place in May, so check your email and postings at your local studio for up to date information! Space will be limited, so stay alert. All reservations will be made on a first come first served basis.

## **XPOSE BEL AIR UPDATES...**

Look in this section in the next few months to find the latest news about our newest location!! We will keep all of our divas up to date with the latest information on opening and progress. We are looking towards a mid-Summer '06.

## **FIVE DOLLAR FRIDAY'S . . .**

We still aren't changing our minds! "Five Dollar Fridays" will continue for the month of April. Our Arundel Mills Divas loved the special as much as our Towson Divas – so it is staying! Hold on to your class cards. It is just \$5 for any class on Friday, any time of the day or night. Remember, the offer is only good for single class purchases. We do not offer this price for gift cards or class card purchases. Sorry ladies.

## **PLEASE NOTE . . .**

The class cards purchased at Xpose are only good for the location at which they are purchased. Due to expense, the computer systems are not connected, so the class cards are not registered at the other location. We appreciate your understanding in this matter.

## **WELCOME OUR NEW STAFF AT XPOSE...**

Xpose Fitness would like to welcome our newest employees. Joining us this month are: Tara B., Tara C., and Amy! Tara B. will be working the desk at Arundel Mills and will be working in the mornings. So, all you morning Divas be sure to stop by and say hello! Tara C. will be working at the desk at Towson. She will work during the evenings, so evening Divas at Towson; try to give her a warm welcome! Amy is our newest instructor and will be joining us at both the Towson and Arundel Mills location. Some clients have already said she is fabulous at giving you a slow and sexy workout that incorporates great new moves!

## **WEDDING BELLS...**

For those of you who don't know Stacey, she is one of our sultry instructors at Xpose Arundel Mills. On Friday, March 24 Stacey wed her sweetheart, Jessie! If you see Stacey, tell her congratulations. The staff at Xpose are thrilled for her, we love you babe!!!

## **SOCIAL COORDINATOR...**

Introducing the Xpose Social Coordinator! Our very own Michelle Hoffman will be taking over the duties of planning and developing our Xpose monthly outings. If you would like to share any suggestions with Michelle, send her an email at [michelle@xposefitness.com](mailto:michelle@xposefitness.com). She would love to hear from you!

## **BACHLORETTE PARTY...**

Trying to think of a way to surprise the bride to be? Or, are you just looking for a great way to escape with a Ladies' night out? Try booking an Xpose Private Party! Parties are an hour and a half of fun and games with a senior instructor. The instructor will play games with you and teach you some sexy moves for you to take home, and feel empowered for loving your curves.

Divas are encouraged to bring in beverages and light snacks for their social time. The party is a great way to show your friends some sexy new moves and let them in on your sexy little workout secret. Call the location in which you wish to book to see the available times and dates!

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

Spring is just around the corner. It is that time of the year, when you get to show off your skin and your healthy bodies! However, one of the biggest overlooked areas of your body is your nails. Sometimes, when women get acrylic nails done, there nails become weak and unsightly. This month's sexy secret helps you get back your strong and healthy nails.

Ladies, try going to a pet store and purchasing a turtle shell hardener. The shell hardener is perfect for providing nutrients to your nails and creating a firmer nail. The turtle shell hardener is infused with nutrients and chemicals that make nails hard and strong. Who knew???

## **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	"Strict Machine" by GoldFrapp
Takara	"Cherish the Day" by Sade
Michelle	"Breathe of Me" by Britany Spears
Courtenay	"Monologue" by She Wants Revenge
Stacey	"Signs of Love Making" by Tyrese
Lindsey	"Conceited" by Remy Ma
Hope	"Sex-O-Matic Venus Freak" by Macy Gray
Amy	"She's Got Legs" by ZZ Top

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

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

**WALK LIKE A WOMAN!**

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