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## DECEMBER NEWSLETTER...



### HOLIDAY HOTTIES....

The holidays are quickly approaching. It is the time of the year to spend with your family, including your XPOSE family. Yes ladies... it is time for another dose of all things sexy... secrets, news and full XPOSURE!

### CLOSING REMINDER...

**ATTENTION ALL DIVA's...** All Xpose Fitness locations will be closed from December 25<sup>th</sup> through January 1<sup>st</sup> for a winter break. We will reopen on Tuesday, January 2<sup>nd</sup>. We will be ready to help you achieve your New Years resolutions! Don't forget to "Walk Like a Woman" on your days off!

### KEEP YOUR EYES PEELED...

Xpose Fitness is getting ready to celebrate its birthday and we want you to celebrate with us! Keep a lookout for great deals at your local Xpose and for information on our Birthday celebration next month!

### THE ULTIMATE TOTALLY XPOSED PACKAGE IS BACK...

This Black Friday sale was hotter than ever! If you missed it, you really missed out. But here is one package that is going to be back by popular demand.

Here is all the hot stuff you will get:

You get...

- \* **The New Ultimate Removable Brass Pole**
- \* **Pole DVD to Practice at Home**
- \* **New Sexy Black Friday Shoe**
- \* **Any T-Shirt of Your Choice**
- \* **Bumper Sticker**
- \* **And a 12 Class Card!**

**ALL FOR ONLY \$399.00!!!**

If you have ever thought of getting a pole this is the month to do it!

Package only available December 1<sup>st</sup> – December 23<sup>rd</sup>!

## **SUGGESTION OF THE MONTH...**

This month's suggestion came from Sarah Green. Sarah suggested that we participate in the Toys for Tots drive again. Last year, Xpose donated over 100 toys to the charity thanks to the generous contributions of its members.

See the information below for details and what to donate, when to donate, and what you could win for your generous contributions.

Sarah will receive a \$10 gift certificate good at any of our Xpose locations! Keep those suggestions coming ladies, we love to hear from you.

## **TOYS FOR TOTS...**

As you are thinking of gifts to buy for your friends and family, think about children in your community who may not be as fortunate. This year, Xpose is bringing back the local Toys for Tots drive. Bring in new, unwrapped toys to your local Xpose Fitness. For every toy that you bring in, you get 10% off any one article of clothing. So, the more you give, the more you receive! How's that for good karma . . .



Please bring in all donations by December 16<sup>th</sup> so we can ensure that they get to a deserving child!

If you have ideas for another event or if you have pictures you would like to share from previous events, email us at [michelle@xposefitness.com](mailto:michelle@xposefitness.com).

## **FREDERICKSBURG SPECIAL EVENT . . .**

**Winter Wonderland – Customer Appreciation Party**

Saturday – December 16, 2006

8:00 pm – 11:00 pm

Divas are encouraged to dress up in their sexiest Elf, Santa's Helper, Snow Fairy, or any other stunning snow beauty outfit. Feel free to invite a friend that you have been dying to get to try the Xpose Fitness program. There will also be fun games, giveaways and be sure to enjoy delicious hors d'oeuvres and beverages. The Xpose Instructors will be performing live demonstrations, if you have ever wanted to see the wide range of amazing moves of our instructors, here's your chance!

Be sure to stop by the front desk to sign up, space will be limited to only **40** Divas. There will be **NO CHARGE** for this party!!

## **GIFT CERTIFICATES . . .**

Just a reminder for all of our holiday shoppers, all Xpose Fitness locations offer gift certificates in any denomination that come packaged and ready for giving. Stop by any location today to get one! **Gift Certificates are also available on-line with No Shipping!** On-line Gift Certificates can be used at ALL Xpose Fitness locations!

## **XPOSE SPECIALS...**

It continues! ALL DAY, ALL CLASSES ONLY **\$5.00** on FRIDAYS . . . The suggestion to keep this special class price has overruled! The \$5 Friday special will continue through the winter. We love to here all of your suggestions, so keep them coming ladies...

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

Let's not pack on the pounds this holiday season. We want you to be upside down on the pole by spring! Here are some hot tips to avoid the urge to splurge this holiday season . . .

- Don't go to a social event starved. Eat or drink something such as a glass of skim milk before leaving home.
- Don't skip breakfast. Beginning the day with food revs up your metabolism so that you use more calories.
- Keep up or even increase your exercise to better control appetite as well as use up excess calories.
- Consider having fewer items on your plate or menu. Potlucks can spell disaster for weight control.
- If all else fails, make sure the Ultimate Xpose Pole is on your wish list so you can work off those pounds at home!

## **SEXY SONGS...**

Each month the Instructor of the Month at each of our Xpose locations picks a favorite song that they like to get their "sexy on" with... Enjoy...

A. Mills, MD:           **Lauren Goldstein**       **"Tainted Love" by Soft Cell**

Lauren has been a superstar with filling in for other instructors and offering her assistance with private parties. She has been continually improving her classes so her clients get sexy new moves and a great workout. Watch out ladies . . . she busts out some crazy pole moves.

Bel Air, MD:           **Chris Miles**               **"Come On Closer (Relax)" by Jem**

Chris has really shown her dedication to the Xpose team this month. With the temporary loss of an instructor due to an injury, Chris agreed to fill in for all her classes until she returns. Chris has kept her classes fun and fresh by incorporating new moves every week. She also incorporates her love for dance into her classes. Watch out ladies, she is known by some of her regulars as the "Thigh Nazi"!!

Fredericksburg, VA:   **Beth Adams**               **"Bad to the Bone" by George Thorogood**

Beth has shown great passion as one of our instructors, from filling in after the loss of an instructor to enthusiastically strengthening her own instruction skills. She takes great care in conducting excellent classes and making sure the ladies leave feeling ten times sexier and energized!

Owings Mills, MD:    **Tawny Myers**       **"Light my Fire" by The Doors**

Tawny is always available before and after class to lend a helping hand. Her enthusiasm and super sexy classes earned her the Owings Mills employee of the month.

Towson, MD:           **Takara Collins**       **"Blindfold Me" by Kelis**

Takara has been here to entertain this month! She enjoys putting her g-string on one leg at a time just like everyone else, that is why we love her!

## UNTIL NEXT TIME...

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

**WALK LIKE A WOMAN!**



Xpose Arundel Mills...7550 Teague Rd, Suite 109...Hanover, MD 21076...410.799.4584

Xpose Bel Air...104 Industry Lane, Unit 1....Forest Hill, MD 21050....410.838.4712

Xpose Fredericksburg...10635 Courthouse Rd...Fredericksburg, VA 22407...540.710.7600

Xpose Owings Mills...10989 Red Run Boulevard, Suite 205...Baltimore, MD 21117....410.654.2388

Xpose Towson...1700 Joan Ave...Baltimore, MD 21234...410.661.1301

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