



JANUARY NEWSLETTER

HAPPY NEW YEAR!!!!

Get ready to Hip Roll our way into 2006! Yes, ladies, it is time for another dose of all things sexy... secrets, news and full XPOSURE!

XPOSE ONE YEAR ANNIVERSARY . . .

We made it ladies! Thanks to all of the support and patronage of all of our Diva's we made it through our first year of business. This year has been full of wonderful experiences and people. When the doors of Xpose opened, we didn't expect to develop such a strong connection with our clients like we did. We thank you from the bottom of our hearts, for sharing your experiences, stories, and time with us. We have enjoyed our first year of business with all the trips, hip rolls, and pole slides... We look forward to all of the years to come!

Help us celebrate our one year anniversary with these awesome Xpose Specials:

THE WEEK OF JANUARY 16th to the 21st THERE WILL BE HALF PRICE CLASSES AT THE TOWSON LOCATION! Hold onto your class cards ladies... We will have HALF PRICE CLASSES ALL WEEK to celebrate our One Year Anniversary we want to thank all of our Xpose Clients who helped us get this far!!!

JANUARY 20th to the 28th THERE WILL BE FREE CLASSES AT THE ARUNDEL MILLS LOCATION! Free classes will be conducted at all scheduled times to celebrate the Grand Opening of the Arundel Mills location... All those divas that live in that area – grab your friends! Classes are FREE! Check the website Arundel mills location for times!

FIVE DOLLAR FRIDAYS CONTINUE! Any class, all day, all through the month of January!!! Hold on to your class cards ladies... Fridays are the days to join us for a sexy dose of Xpose fun!

VALENTINE'S DAY KICK OFF! From January 2nd – February 14th receive 25% off ALL Private Consultations!!! This is the chance to give your loved one the gift that keeps on giving... a sexy one-of-a kind routine! In a private consultation you get a one-on-one 2 hour session with the instructor of your choice to choreograph a one of a kind routine

just for you. You will also receive a sexy CD with songs that you choose and a video tape of your routine so you can practice, practice, practice!

SUGGESTION OF THE MONTH...

Our suggestion box has had some sweet suggestions . . .

This month our \$10.00 gift certificate goes to two people who both put the same awesome suggestion in our box... Jane Zimmer and Kari Senate. They both suggested that we give a little "Xposure" to our clients on their birthdays... So... all of 2006 we will be giving each person a FREE CLASS the week of their birthday. Just bring in a valid driver's license to redeem your free class!

Thanks Jane and Kari! Because this is such an awesome suggestion we will not make you split the prize... both of you get a \$10.00 gift certificate to spend on whatever you like! Keep those suggestions coming – we love to hear them!

DECEMBER IN REVIEW...

Have you seen the sexy new edition to the Xpose Fitness wardrobe? Introducing the NEW Long Sleeved "Goddess" Tees. Reveal your inner confidence by showing off in the new tee which states "GODDESS: A Woman of Superior Charms and Excellence". The shirt is not yet available online, so pick one up the next time you come in!

This month we have been interviewing like crazy. Your wonderful response for our call for employees made our decision harder than ever. But we are pleased to announce the newest Diva's to be joining the Xpose Staff:

Hope Showcare – Arundel Mills Instructor
Stacey Gardner – Arundel Mills Instructor
Jenn Drecchio – Towson Desk
Lindsay Brooks – Arundel Mills Instructor
Donna McGinn – Arundel Mills Desk
Congratulations to all the women who joined the Xpose Team!

ARUNDEL MILLS UPDATE...

It's official! The Grand Opening date is now set in stone for January 20th! Mix 106.5 will be there to celebrate with us. We will be having free classes, sales and specials From the 20th – the 28th ... check the website for class times. One complimentary pole class per person during the free week... remember to sign up!

SEXY SECRET OF THE MONTH...

Shovel Snow!!! What?!? You heard me ladies... next time it snows and you are dreading the morning shovel out of the driveway... perk up! Here's why...

1. You will work muscles you have never worked before.
2. You will kick start your metabolism to burn more calories throughout the remainder of the day.
3. Your eyes will water slightly from the cold giving you a sexy little gleam in your eyes.

4. The sudden burst of cold air will cause your skin to contract which will minimize the look of your pores for a flawless complexion.
5. Your cheeks will be rosy all day.

STICK TO YOUR NEW YEARS RESOLUTIONS...

The easiest way to keep a new years resolution is with support and RESULTS. Most women will lose inches before they lose pounds because muscle weighs more than fat. Prevent yourself from becoming discouraged this year, measure your fitness level now with the Xpose Fitness Wellness Program. Our very own Jennifer Chavis holds a degree in Community Health and Nutrition. She has designed a comprehensive Wellness program that goes over proper nutrition, exercise routines, and measures your progress. Visit the Xpose Front Desk or email Jennifer at jennifer@xposefitness.com for more information.

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	"Hung Up" by Madonna
Alison	"Hey Mamma" by The Black Eyed Peas
Takara	"Touch" by Amerie
Michelle	"Miss You" by The Rolling Stones
Marie	"My Baby" by Kaci Brown
Kat	"Making Good Love" by Avant
Courtenay	"Pretty Vegas" by INXS

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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