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## NOVEMBER NEWSLETTER...

### IT'S TURKEY TIME DIVAS....

Thanksgiving is around the corner, but first we have to work off all of the Halloween candy! Yes ladies... it is time for another dose of all things sexy... secrets, news and full XPOSURE!

### FREAK-A-LICIOUS FRIDAY:

Back by popular demand!

#### **Freak-a-licious Friday and all of its secret sexy moves is back!**

This time held at the Towson location... Learn how to take your Floor Chair class to the next level! Our instructors will show you how to spice up your sexy moves!

**When:** Friday, November 17, 2006

**Time:** 8:30P-10:00P

**Where:** Xpose, Towson

1700 Joan Ave.

Baltimore, MD

**Cost:** \$15

Light snacks and refreshments will be provided. Sign up at the front desk ASAP...space is limited. Reservations will NOT be taken over the phone, due to the high demand; you must pay to reserve your spot at the store.

### CLOSING REMINDER...

ATTENTION ALL DIVA's... All Xpose Fitness locations will be closed on November 23<sup>rd</sup> in observation of Thanksgiving. We will reopen on Friday, November 24<sup>th</sup>. And don't forget to walk like a woman on your day off!

Fredericksburg, VA will remain closed through Saturday the 25<sup>th</sup> of November and will resume it's regularly scheduled classes on Monday, November 27<sup>th</sup>.

### SUGGESTION OF THE MONTH...

This month's suggestion came from one of our new locations, Xpose Bel Air! This month's winner is Kelly Murphy. Kelly suggested that we have another secret event sale.

We can't give details, but we will be offering some fun savings opportunities to help during the Christmas shopping season... STAY TUNED TO YOUR E-MAIL FOR DATE AND TIME OF THE SALE!

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

## **OCTOBER EVENT RECAP ...**

October flew by, but not without our FAMOUS Halloween party! This year participants had the opportunity to win a removable pole, lessons with a make up artist, professional interior design help, and so much more. The evening was capped off with performances from instructors on the 16 FOOT POLE that was installed in the floor chair room. If you missed the party, you missed out!

Congratulations again to our Halloween costume winners:

3<sup>rd</sup> place: Cat Woman  
2<sup>nd</sup> place: Sexy Nurse  
Grand Prize Winner: Sexy Gangster

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

## **NEW LOCATIONS...**

Xpose, with the support of its clients, is continuing to expand to new markets. Currently we are reviewing areas across the nation to seek out appropriate areas and capable women to own an Xpose studio. If you have any suggestions for locations, would like to open your own, or know someone who would like to own an Xpose visit us online at [www.xposefitness.com](http://www.xposefitness.com) and click on the "Business Opportunities" page!

For information about current locations, please visit us online at [www.xposefitness.com](http://www.xposefitness.com).

## **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!

## **FIVE DOLLAR FRIDAYS . . .**

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...**

Is pole burn leaving you black and blue? The holidays are approaching quickly, get your arms and legs picture ready with our sexy secret of the month.

Learning new moves is complicated. Women walk around our studios with the badges of pride, but bruises don't have to stick around until after you have mastered the trick. Try Arnica Gel. Arnica is a natural pain rub for bruises and muscle soreness. It helps speed

the body's natural healing process. The gel retails for about \$9.99 a bottle and can be found at local nutrition stores like GNC.

## **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:           **Hope Showacre**           **"The Truth" by Handsome Boy Modeling School**

Hope Showacre has risen to the challenges of not only instructing her awesome classes in her super sexy way... but she has also trained the Head Instructors of the three new stores... Awesome job Hope! Keep it up!

Bel Air, MD:           **Kristen Griffith**           **"Porno Star" by Black Cherry**

Kristen has showed her team spirit in more ways than one since the opening of Xpose Fitness of Bel Air. She has been committed to keeping her classes fun and challenging. Kristen made herself available at the last minute to fill in for some classes as well as instruct our first private party!

Fredericksburg, VA:   **Isabel Keeler**           **"I Want Some Sugar In My Bowl" by Nina Simone**

Isabel has gone above and beyond the call of duty in her position as Senior Instructor. She has dedicated her time and efforts to ensure that the highest quality of service is adhered to, not only for herself, but for her fellow co-workers.

Owings Mills, MD:    **Amanda Temple**       **"Control" by Puddle of Mudd**

Amanda's enthusiasm and dedication to training the new staff at Owings Mills simply can't be matched! Her classes are ultra sexy with flare!

Towson, MD:           **Amy Walsh**           **"Man Eater" by Nelly Furtado**

Amy's six day a week schedule does not slow her down... she delivers each class with ultimate sexy enthusiasm! Get to class early... this girl has developed quite a following!

## **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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