



F R E E D O M
F I T N E S S

April Newsletter

2010

Dear Emily,

Here is what's going on this April at Freedom Fitness...

NEW!
**Freedom
Fitness**
T-Shirts!!!

SALE
Only **\$9.99!**

Back at a great price!
Great new colors!
100% Ring Spun Cotton!
Nice soft feel!
Great for working out!

From the Performance Center...

Spring into Spring by signing up for your
1st 30-Days of Group Personal Training in
our **Brand New Performance Center!**

Join in our TRX, Power Plate,
Kettlebells and more!

UNLIMITED SESSIONS ONLY
\$75 FOR THE 1st MONTH!

Ask the front desk for details.

NEWS FROM GROUP FITNESS:

The New Group Fitness & Performance Center Schedules have
been posted on the Member Communication Board, effective
3/29/2010.



- **New Zumba Classes on Mondays & Wednesdays from 10-11am with Natasha!**

Be sure to check it out in the Zen Room!

- **New York Spin has been cancelled on Easter Sunday, April 4th.**

SPIN BIKES HAVE ALL BEEN FIXED!!!

No excuse, sorry for the delay!

NOW HIRING!



We are looking for a
qualified, mature,
energetic & enthusiastic
Daycare Attendant
to join our growing
team here at
Freedom Fitness...

*Please speak to Renee at the front
desk for details if you are interested.*

Parent's Night Out

Great News!

Due to overwhelming demand we will be adding Parent's Night Out to every other Friday starting in April...

Sign-up and \$5 per child fees will apply.
Space is limited.



We look forward to seeing you in the club!

Sincerely,



FREEDOM
FITNESS