

Meet Me In The Gym...



www.onetoonefitness.us

...It's Going Down!

A Monthly News Update From One To One Fitness



News June 2009

COMING
ATTRactions



JULY 10-11, 2009

Tickets are on sale now at
One To One Fitness...
Reserve Your Spot Today!!!



954-796-7001

YOU ASKED FOR IT AND NOW WE HAVE IT!!

Supportive Nutritional Bars at
www.Setpointfitness.com



- Step 1:** In the upper left corner click "New User" link
- Step 2:** Fill in information and at "Trainer/GYM/Team" select Manuel Mair from the drop down to get a **10% discount.**
- Step 3:** Continue filling in your billing & shipping information.
- Step 4:** Click on "Submit" to place your order.

Healthy Choice Menu

Pizza Carousel Catering
4619 University Drive, Coral Springs
954-534-5014 (Ask for Jen)

Jen has a wide variety of healthy meal choices to select from... Ranging from fish, brown rice and veggies to chocolate oatmeal muffins and cakes... Call to place your order TODAY!!

Shaking It Up!



Just a reminder that One To One Fitness offers pre and post-recovery shakes to our clients including the "Perfect Blend" (191 kcal) and the "Perfect Blend Plus" (306 kcal). These shakes are great for replacing glycogen that is lost during workouts, and aiding in the workout recovery process. So remember to **Shake It Up!!**

Quarterly Nutrition Classes Next Class – August 12th

Our next Family Nutrition Class will be held on Wednesday, August 12th at 7:00 PM. The cost is \$25 for the first family member and \$10 for each additional family member. Please register early. Each and every class really impacts everyone who comes out and is always a valuable experience. We hope to see *YOU* at our next class!!

Nutrition classes are held on the second Wednesday of the month.

Want to get started right away?

Martha is also available for in-home presentations and supermarket tours.

To contact Martha please call 954-274-0574



Quote of the Month

Every success is built on the ability to do better than good enough. - *Unknown*

Sweat and Glow Wear



Check It Out!!!

The next time you're in the gym take a few minutes to check out our new clothing line. Sweat and Glow athletic apparel is made with the finest eco-friendly materials and is perfect for your workout and casual clothing needs.

Ask your trainer about it today...

Can't make it to the gym? You can place your order at our website.

www.sweatandglowwear.com

Rich is so proud of his winners he couldn't wait to share the pictures!! Come on out to Southern States to cheer them on as they compete again on July 10th at the War Memorial Auditorium in Fort Lauderdale. Call or stop by *One To One Fitness* for your VIP tickets.



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