

Meet Me in the Gym....



...It's Going Down!

A Monthly News Update from One2One Fitness



NEWS...

June 2007

One2One Fitness Now Online!

www.one-2-one-fitness.com

One2One Fitness is proud to announce the launch of their website that was put on the internet for everyone to see earlier this month. Please take a look at www.one-2-one-fitness.com when you get a chance, and where you might even see yourself in one of the pictures. All gym news and updates will now be available online!



Pictured above are Anthony Rizzo (first baseman & pitcher) and Daniel Matra (catcher) with their high school coach Dean Florio.

One2One Fitness High School Students Selected for All-American Baseball Game

Earlier this year in May, two of Manny's high school athletes, Anthony Rizzo and Daniel Matra, were selected to participate in the All-American Baseball Game that took place on June 2nd in Albuquerque, NM. Both athletes participated in a variety of events that were designed to celebrate their achievements as high school student-athletes. Many of the baseball players who attended the All-American Baseball Game will be selected in the Major League Baseball Amateur Draft.

Congratulations to Anthony and Daniel!

Upcoming Events

Come Join Us at Our Next Open House!

July

Wednesday, July 14th 11am - 2pm

6pm - 8pm

Saturday, July 17th 11am - 2pm

August

Wednesday, August 8th 11am - 2pm

6pm - 8pm

Saturday, August 11th 11am - 2pm

Family Nutrition Classes

The Family Nutrition Weight Management program kicked off June 7th and is now underway for their six week course that meets every Thursday. The Family Nutrition Classes are administered by licensed and registered Dietician Scott Hoffman and Exercise Specialist Manuel "Manny" Mair.

The program is designed for parents and their children, and addresses topics such as vitamins and minerals, serving sizes, fad diets, weight management, and eating out.

Goodluck to everyone!



The Inside Scoop at One2One...

NHL Superstar Goalie Roberto Luongo is back home for the summer and training with Manny at the gym to take his game to the next level in the off-season. Recently, Roberto was nominated for 3 NHL awards and received MVP Finalist.



Trainers Corner

Announcements from Your Trainers at One2One Fitness

Manny

Make sure and look for Manny's article in the July or August edition of Parkland Lifestyle Magazine coming soon!

Dorron

Dorron is currently in the process of making abdominal and stretching charts with the rest of the One2One Fitness team for all clients.

Rich

Please come out and support two of Rich's clients - Andy Grasso & Dina Deanna-Rizo - participating in the Southern States Fitness & Figure Competition July 13th & 14th.

Michelle

For all pre and post-natal women, come get fit in a fun, safe environment this summer with Michelle!

Monthly Newsletter Written and Designed by
Natalie P. Mikolich of www.elitepromotioninc.com