



Member Newsletter

“Fitness Zone, where GOOD HEALTH is contagious.”

Personal Training Department

Do you know all of our trainers?

Lori Parkhurst– Dept Mgr
Doreen Torrey
Stephanie Lichtenstein
Daryl Updike
Maggie Grubbs
Jesse LaValle
Dan Clements
Manny Roldan
Ryan Kirchoff

We LOVE to see you succeed!



We have 30 minute Private Consultations available if you need some specified guidance.

We can help you figure out what you need to do to work towards your goals.



Featuring

“Happy New Year!”
It’s time to start 2010
Fresh & Healthy.

We would love to hear what you have set as Fitness Goals and help you figure out what is the best way for you to do that.

Did you know?

IHRSA Passport Service allows you to workout at other participating IHRSA clubs when traveling worldwide for a discounted fee. Let us know if you plan to go out of town or if you have visiting guests that would like to come in and workout with you during their stay. Let us know if you need more details.

Member Towels

Please help us be able to continue our free towel service by returning your towel before you leave.

Pro Shop

Try out our new protein shake flavors...

Muscle Milk Cake Batter
&
Pure Protein Peanut Butter Cup

We will be serving free samples of new flavors of bars and shakes throughout the month. Let Sam know if there is a particular favorite you have and she will get it in stock.

Awesome News

Watch and support your fellow gym member, Ashley Shaffer, Miss New Jersey 2009, compete for Miss America!
Saturday, January 30th
at 4:30pm on TLC.
Go Ashley!!

