

January News

HEALTH & WELLNESS DAY

Monday, February 1st
8am - 8pm

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Free Medical Testing!

Great Joining Specials!

**Receive \$25 Front Desk Credit
When Your Guest Joins**

No Joining Fee and Great Rates for Your Guest

Two Great Locations!

331 Sunnybrook Rd.
Ridgeland, MS
601-856-0535

Hwy 80 East
Brandon, MS
601-939-2122

visit us at:
www.fitnesslady.com

Ridgeland/Madison

Methodist Rehab: 8-11 & 3-7
Blood Pressure Check
Cholesterol Screening
Brain Injury Prevention
Balance Screening
Chair Massages

Fitness Lady Personal Trainers: 8am-8pm
Free Body Fat Testing

Special Guest Speaker: 7:45pm
Dr. Adair Blackledge, FACEs, llc

Brandon/Pearl

Fleet Feet: 9-12 & 4-6
What's the Right Shoe for You
Coupons

Fitness Lady Personal Trainers: 8am-8pm
Free Body Fat Testing
Blood Pressure Check

Chair Massages: 9-11am & 5-7pm

Free!

Door Prizes!
Free Food!

Space Jump for the Kids!

Now Available! Pay Your Bill Online at www.fitnesslady.com

(Your friends can also Join Online!)

Fitness Lady now offers the option to Join Online and Pay Your Bill Online at our website www.fitnesslady.com. This is just another way Fitness Lady is making life easy and more manageable for you. Your friends can now check-out all of Fitness Lady's amenities online and join there too!

Maintain Don't Gain Results

Both Locations

The results are in and they are GREAT! **Our members lost over 525 inches during the holidays!**

Construction Updates

Ridgeland Location

The new parking lot will be open as soon as the weather warms up and we are able to complete the asphalt and parking stripes.. We will have 8 new handicapped parking spaces next to the building.

IFTA Group Exercise Certification

Ridgeland Location

April 16th-18th

National Aerobic Celebrity at Fitness Lady

Internationally renowned fitness expert and IFTA presenter, *Gay Gasper*, will be hosting a Group Exercise Certification weekend right here at Fitness Lady! If you've ever considered making your love of fitness a profession now is the chance to learn from *the best!* This Workshop Weekend is open to instructors, members and non-members. Below is a list of scheduled events:

Friday, April 16th

5pm-9pm - Group Certification

Saturday, April 17th

9:00am - Seamless Step

10:15am - Kickbox Fitcamp

11:30am - High-Lo Dance

1:00pm - YogaPilates Camp

2:15pm - Cycle Vision

Sunday, April 18th

9am-1pm - Step Certification

Go to www.ifta-fitness.com or call 1-800-582-1814 for prices for certifications, separate rates available for individual classes. Register to attend the whole weekend or pay for and attend just a workshop the choice is yours.