

July 15, 2009

In This Issue

- Free Seminar
- Personal Training Specials
- Personal Boot Camp
- Quick-Fit and Firm-Up Faster Training
- New Aerobic Schedule
- Fitness Party Package
- EAST CLUB NEWS
- NORTH CLUB NEWS

Contact Us Anytime

Marilyn Tyler -- Owner

Sissy Gory -- General Manager

Christina Reed -- Office Manager

Misty Bowman -- East Club Manager

Amanda Brasher -- East Club Manager

Shelby Nichols -- Childcare Manager, East

Rachel Theim -- North Club Manager

Bridget Schultz -- North Club Manager

Annie Campbell -- Childcare Manager, North

Angelia Pryor -- Aerobic Manager

North Club/ Ridgeland - 601-856-0535

East Club/ Pearl -- 601-939-2122

Check our website out:

<http://www.fitnesslady.com>

Dr. William Bush Presents "New Options for Hysterectomy"

Brandon/Pearl Location!

Join Dr. William G. Bush, M.D., OB/GYN as he presents a free informative seminar about cutting edge options for hysterectomy. To attend please make your reservation at our Front Desk. This seminar is open to members and non-members. This will be Dr. Bush's last seminar here at Fitness Lady so don't miss this great opportunity!

Pearl/Brandon Location

Tuesday, July 27, 7:15pm

Personal Training Specials

Both Locations!

For July ONLY enjoy sizzling summer savings on our Personal Training Packages. For a limited time only, we are offering an affordable 3 Session Package to see if Personal Training is right for you. OR purchase a regularly priced package and receive 1 FREE session.

See a trainer to get your special pricing and sign up today!

Have Your Own Personal BootCamp Instructor!

Both Locations!

Do you need one-on-one instruction to achieve your goals? Do you want an extreme workout with extreme results but at your own fitness level? Do you worry about not measuring up in a group setting?

Then One-on-One BootCamp is for YOU!

You will receive custom workouts, an individual eating plan, and a FREE t-shirt when you complete your 4 week bootcamp. 8 sessions in 4 weeks for only \$299!

Quick Fit Circuit and Firm-Up Faster Workouts

Both Locations!

Quick Fit Circuit and Firm-Up Faster workouts are excellent workouts for those wanting a great workout in a short amount of time. You can get cardio and weight training done in as little as 30 minutes! Fitness Lady is now offering you a chance to experience these excellent workouts with 1 FREE session with a trainer! Schedule your FREE Quick Fit Circuit or Firm-Up Faster Workout at the Front Desk. After your first FREE session, each Quick Fit Circuit or Firm-Up Faster Workout with a Trainer is only \$25.

Friends of Fitness Lady

Celia Barrett Design
Interior design for Fitness Lady

Methodist Rehab

Located inside Fitness Lady at
our Ridgeland Location

New Aerobics Schedule Coming August 16!

Both Locations!

The fall aerobics schedule is almost ready. Many new classes are coming! Get ready to try Hi-Lo & Tone, Core & More, Tai Chi, Aqua Core & More, BLT, Ballet, Zumba and all your favorites. Schedule changes will take place the week of August 16. Watch for more details.

Fitness Party Package

Both Locations!

Make your next event a Fitness Party. Call today 601-856-0535 for more info. You choose your FUN: ZUMBA, Pilates, Water Aerobics, Dance Aerobics, Kickboxing, Yoga, etc!

Party packages include:

- Fitness Class
- Healthy Eating Tips
- Refreshments
- Gift Bags Available

Great for your teens, senior citizens, Bible study groups, etc.

Remodeling News

Both Locations!

EAST LOCATION: We will be putting new carpet in the aerobic room this month, and have just finished remodeling the sauna.

NORTH LOCATION: We now have new non-slip tile in the whirlpool area, and will be replacing the carpet in the foyer that was damaged in our coffee bar flooding.

Body Blast Bootcamp

Ridgeland Location

Get the body you've always wanted in this BLAST of a bootcamp. Four weeks of exhilarating workouts that includes plyo-metrics, intense cardio intervals, extreme toning and sculpting! If you've heard about P90X then this is for you!

July 19-Aug 12

Monday- Tuesday-Thursday

7:15pm

\$149 for members or \$199 for non-members.

Sign up at our front desk. Limited to first 15 ladies who sign up!

Phasing out the Tanning Beds

Ridgeland Location

Ladies, we will be discontinuing tanning bed services at our Ridgeland location as of Sept. 1st, 2010. If you have any prepaid tanning cards, you have until Sept. 1st, 2010 to use them. If you are paying extra on your monthly dues, we will deduct the amount from your dues as of September 1st. There will be no refunds after September 1st, 2010. Please call 601-856-1547 to confirm your dues adjustment.



New Elliptical and New Seated Octane Elliptical Machines

Ridgeland Location

We are gradually phasing out most of the stairmasters in both clubs. (We will keep several). The North club has just received 3 new Precor Ellipticals and the new seated Octane Elliptical.
