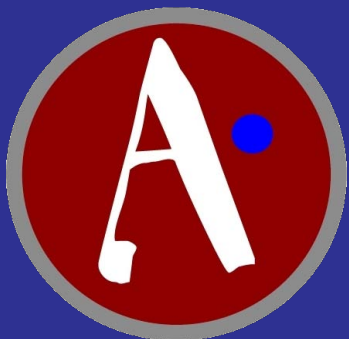


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ADDIE'S PERSONAL TRAINING STUDIO MARCH 2012 NEWSLETTER

Discover What's New at Addie's Personal Training Studio!



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JOIN US AS WE WISH A
HAPPY BIRTHDAY TO...

CARLY SEATON
CATHY FROST
RENEE ROSENBLATT
LEANN MARKS
VIVIAN PERLO
KAREN CONDE
SHERI LEITER
CAMILLE CARLIN
BASSAM MASSAAD
P.H. HALEY

REMODEL YOUR BODY™ Benefiting Autism Tree Project Foundation

In 2007, Addie's first child Reese was diagnosed with Autism. Addie's Studio & Addie's Autism FITT Club hosts the "Remodel Your Body" Challenge. The last 3 years Addie's raised over \$30,000. This year our goal is \$50,000.

The Challenge: Lose the greatest relative amount of body fat and gain the most relative amount of muscle in 8 weeks.

Start Date: April 21st from 8:30-10am

Body fat measurements at Addie's Personal Training Studio

Boot Camps: Saturdays at 9am from April 28th- June 9th
Classes are 50 minutes at Kate Sessions Park

End Date: June 16th from 8:30-10am

Body fat measurements at Addie's Personal Training Studio

Awards Ceremony: June 23rd from 12-3pm



STEVEN OWENS
BOBBIE IRWIN
CONNIE AHRONS
STEPHEN NELSON

The person who loses the most bodyfat receives a voucher for 12 25-minute personal training sessions at Addie's, valued at \$720.

Entry Fee: \$100 per adult / includes 7 boot camps
Everyone is eligible! Encourage family, co-workers and friends. For more info: Call 858.483.2711 or [click here](#).

ADDIE'S PERSONAL TRAINING STUDIO KIDS FITNESS CLASS!

Children 8 to 13 are invited to join this 6-week program with one weekly class



Starts: April 18th
Ends: May 23rd
Day: Wednesdays
Time: 1:30- 2:15pm

Cost: \$109

10% is donated back to your child's school!

If you have a child that is not in the age group and are interested email Addie and we will consider opening another class for that age. Call and reserve your child's spot now!

TONE, CONDITION & UNDERSTAND YOUR BODY

Experience Group Fitness Training & Understand What Foods Your Body Needs



Tone, Condition, and Understand Your Body

Get the body you want and workout to proven techniques. Join us for 75 minutes of an interactive workshop to learn how your body works while working out with others who have the same goals. Samantha Hua, Holistic Health Coach, will help you understand your body using an integrative nutrition approach. Addie's Studio will lead you through a fun yet effective exercise routine including cardio, toning, strength training, and flexibility.

Attire: Dress ready to sweat - tennis shoes and gym attire.

Tuesday, March 13
6:30 - 7:45 pm
Addie's Personal Training Studio
4440 Ingraham Street
San Diego, CA 92109
(619) 876-2655
Cost: \$10 advance
Pay Here: www.HappyFoodHealth.com/events

Check out these photos from last week's Women & Wine Event!



A huge "Thank You" to everyone who attended

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Join Our Mailing List!

Look for new videos and testimonials on our website coming soon!

**Save
50%**

Buy one month of classes and save 50% on your second month of classes! NEW CLIENTS ONLY! Tell your friends!

Offer Expires: March 31, 2012

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