



AUTISM
tree project
FOUNDATION

creating
BRIGHTER
futures for
children with AUTISM

Addie's Studio
9th Annual
**REMODEL YOUR BODY™ & 2nd Annual MOVE YOUR
BODY for kids**

Benefiting Autism Tree Project Foundation

In 2007 Addie's first child Reese was diagnosed with Autism. Addie owns Addie's Personal Training Studio that hosts the "Remodel Your Body" Challenge. The last 3 years Addie's raised over \$30,000. This year our goal is \$25,000.

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

Start Date: March 5th

Body fat measurements 8:30 -10am at Addie's Personal Training Studio

Boot Camps: Start March 12th– April 23rd. Adult classes are offered at Addie's Studio this year on Saturday's at 8-8:45am, 9-9:45am, 1-1:45pm and 2-2:45pm. Each person needs to reserve a time slot because there will be a 30 per class maximum. Move Your Body for Kid's times are Saturday's at Addie's from 9-9:45am and 1-1:45pm only. Please reserve your time.

End Date: April 30th

Body fat measurements from 8:30-10am at Addie's Personal Training Studio.

Awards Ceremony: May 7th 12-3pm

The winner will receive a voucher for 12-25 minute personal training sessions at Addie's valued at \$720

Entry Fee: \$100 per adult / \$50 per kid 5yrs.-12 yrs. old includes 7 boot camp workouts.

Everyone is eligible! Encourage family, co-workers and friends

If you have a business that could help by sponsoring this event we have different level to pick from. Email addie@addiestudio.com



Women and Wine Event Feb. 22nd benefiting Autism Tree Project Foundation

What a wonderful turn out at our first event of 2011! We had a large group of ladies who enjoyed soft networking over some wine. Hope you can make this next one!!

We will have more fantastic raffle prizes, and silent auction items to bid on!

Our taste buds thank us every time we announce that the food is once again catered by "The Wild Thyme Company"!

So here is the scoop on the next upcoming event!!

When: Tuesday, February
22nd, 2011

Time: 7-9pm

Cost: \$10 to get in the door
(includes 2 drink ticket and entry)

Raffle Tickets \$3 each or 2 for \$5
Silent Auction items will be available as well!

Table for your business: \$50. I supply the table and table cloth if needed. There is ONLY Two sponsor table left.

There was some confusion about tables being sold out as some thought that meant the event was sold out.

So to clarify, if you want present your business behind a "sponsored" table you can, for the cost of \$50. Since there are only 9 tables available they sell out fast. However, general attendance at the door is still open. We can accommodate well over 60 ladies as we saw this past Tuesday. So tell your friends and have them tell theirs about this exciting event.

One last note about sponsor tables: Table space is limited. We are encouraging a variety of business representation by allowing one new business per table once every 6 months. However, if you have interest in representing your business with greater frequency, please let us know and we will put your name on the waiting list. If we have any availability for additional tables after the new sponsors have reserved their spots, you will be notified based on your position on the waiting list.

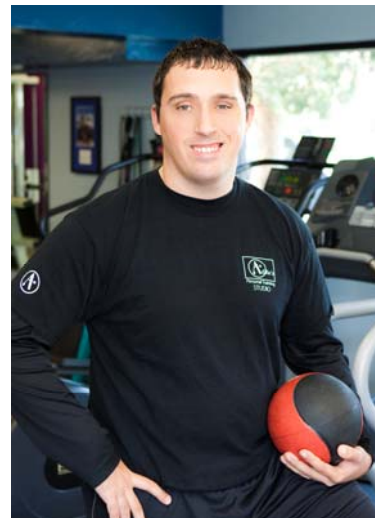
Email Addie @
addie@addiestudio.com if interested.

Welcome to Addies!

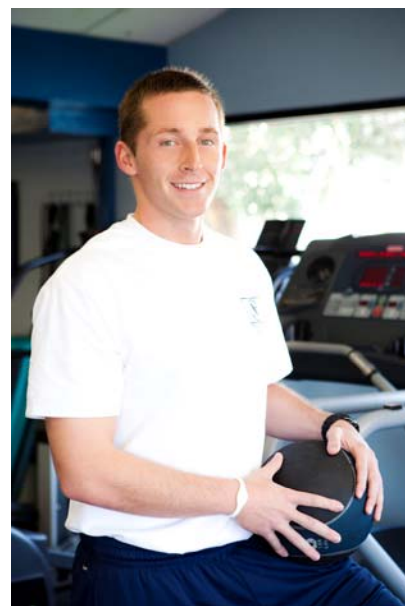


Tamera Lubar
Maria Galford
Nicole Bankhead
Liz Mall,
Jonah Gelfand
Kally Eakes
Welcome back!
Jill Klopper

Welcome Addie's New Trainers



DJ Davis
Hometown: Newaygo, MI
Certifications::
NASM:CPT,PEŞ.CEŞ



Skyler Woodworth
Hometown: Boise , ID
Certification: NASM CPT