

Group fitness Corner

2008 or 1970's???????

Get your 70's DISCO gear ready! Fusion Fitness is where to be on Saturday February 9th 2008 for the Les Mills Quarterly Re-Launch of BODYPUMP, BODYSTEP, and RPM. A Re-Launch is a special event (70's theme) releasing the newest choreography and music to these programs. The Les Mills instructors team up and create what we call "magic". Don't miss out on prizes and of course healthy snacks. We show appreciation to those who attend on a regular basis and welcome those who are brand new.

Members that bring a guest, if they decide to join they can sign up at their FRIENDS RATE! We encourage you to dress in your favorite 70's workout apparel.

The Les Mills classes differ from a normal Saturday schedule, the schedule is as follows:

7:45 am BODYPUMP

9:00 am BODYSTEP

10:15 am RPM

Please arrive 15 minutes early for check in. You can reserve a spot with the front desk starting February 2nd. No shows will be charged \$7.00 per class.



Start the New Year right with Flatten Your Abs Forever! A 7-week Metabolic Typing and Nutrition Course at Fusion!



- Lose Weight
- Increase Energy Levels
- Decrease Aches and Pains
- Improve Sleep Quality
- Improve Health and Vitality
- Decrease Stress and Improve Moods

If you are tired of working hard with little or no results or are just looking for healthy and long-term results to weight loss, energy enhancement and reaching your New Year's health, fitness and vitality goals, this course is for you!

Join us Tuesday January 15th at 6:45p for a free introductory class.
7-week series starts Tuesday Jan. 28th weekly from 6:45-8:15p

For more information or to sign up for the series visit Fusion Fitness or contact the instructor, Megan Valente @ **707.849.7314**

New Rates in Childcare

<u>1child</u>	<u>2 children</u>	<u>3 children</u>
1 visit \$4	\$6	\$7
10 visits: \$30	\$50	\$60