



Whether you chose Fusion Fitness for our wide selection of free weights and exercise equipment, for the casual, relaxed atmosphere of a locally owned business, and/or our upbeat group exercise classes, we'd like to thank you for your continued support. We really do appreciate you choosing Fusion Fitness as your gym and hope we're instrumental in helping you reach your personal fitness goals. Therefore, we'd like to thank all of our members personally at our ~

**Annual Membership Appreciation Party
November 15th from 4pm to 8pm**

Please join us for all the food, fun and sweat you can handle. We'll provide the fun and food but you're on your own with the sweat, but we'll do our very best to help you build one up!

We'd like to take this opportunity to help your friends and family members get a head start on reaching their own personal fitness goals. So bring them to the party and they can benefit joining Fusion Fitness at *your* current rate with no processing or enrollment fees (corporate rates do not apply).

This is a one day offer, the last of the year! So come on down to the club for the festivities and bring all the people you've wanted to work out with who aren't yet members. Let them know that now is the time to join Fusion Fitness!

In order for your friends or family (or both) to join at your current rate, please have them bring this newsletter (or a copy of it if you've got more than one person) to the club so that we know you referred them.

We look forward to seeing you there!
Warmly, your Fusion Fitness Staff



This & That

A few words from the GM

It's been awhile since we've done a newsletter so I'm grateful for the opportunity to "Thank you" personally for choosing Fusion Fitness as your health club. I've been in the industry for over 16 years and recognize there are numerous options to choose from. My #1 goal is to have Fusion Fitness be considered the cleanest, friendliest, and best equipped health club in Santa Rosa. Personally, I'm proud to say that we can stand by and say we're all of these things. However, like most businesses, we're continuously striving to make any necessary improvements to meet our member's needs.

In all my years in the health industry, I've noticed a pattern of members joining gyms; using it consistently, then sparingly and then not at all resulting in cancellations. I'd appreciate any feedback as to why you think this happens. I realize everyone gets busy in life, however, I take my own life experiences and recognize that being healthy (eating right, exercising, resistance training, and resting) will benefit me now as well as later in life. Both of my parents were smokers, didn't eat healthy and never worked out. My father, at the age of 74, after discovering he had heart problems, started exercising three times a week. He lost over 40 lbs and reduced his blood pressure resulting in a healthier lifestyle and obviously felt better. I look towards him as an example and hope you do too. I encourage you to influence your parents and/or loved ones to make any necessary adjustments to stop living an unhealthy lifestyle and make working out a priority. So, if you're reading this now, I congratulate you on a job well done! More than likely you're in the gym just finishing or starting a workout. Keep it up and encourage those you love to follow in your footsteps.

Yours in Good Health, Orhan Sarabi

A Friendly Reminder about Guest Passes



Fusion Fitness no longer is able to activate trial memberships without an appointment scheduled ahead of time. The guest must provide a coupon stating the length of the trial and a local identification card. Please feel free to contact Kym or Amanda in the membership department at 707-542-4500, if you or your referrals have any questions.

Holiday Hours

Thanksgiving Day - Closed
Christmas Eve - Closed @ 4pm
Christmas Day - Closed
New Years Eve - Closed @ 4pm
New Years Day - Open (Regular Business Hours)

