

Winter Newsletter

JANUARY 2009

News & Announcements

Biggest Loser

Coming in February a special 6-week Biggest Loser fitness challenge. Package includes specially priced personal training and group fitness sessions to help you meet your goals. Biggest Loser participants will have weekly weigh-ins and body fat analysis, commit to three personal training sessions a week at the reduced rate of \$45 per session, and receive an unlimited month group fitness class pass for the reduced rate of \$75.

Space is limited. Call or see a trainer to sign up!

“Rock” Cards

Need a little extra motivation to push you through your workout? Each month trainers will be giving out “Rock” cards to clients who really rock their workouts. Rock card recipients will receive special recognition and be entered into a monthly drawing for a free personal training session. Rock cards are our way of rewarding clients who put 110% into their workouts to reach their goals.

Rock on, ladies!


Weather Cancellations

Winter weather is here! Trainers will contact clients for training session cancellations and a message will be left on the studio voicemail for group fitness class cancellations. When in doubt, call ahead!



New Year! New You!

Special Events

- **NEW CLASS! Zumba**
Tuesdays at 6pm with Kerin
- **Yoga Preview Class**
Saturday, January 17th, 9am
\$10 members, \$15 non
- **Cardio for a Cure** 
Saturday, March 28.
Join It Burns in the fight against breast cancer. Save the date. Details to follow!
- **Free “No Punch” Classes**
Zumba, January 13th, 6pm
Step Fusion, Feb. 19th, 6pm
Kick It, March 24th, 6am
- **Attention AM Clients!**
Prior to 7am everyone must use the back entrance. The keycode combination for the back door is 5315*.

It Burns

Main Street Market
2nd Floor

860.343.0446

www.itburnsfitness.com

Get the Boot! It Burns Boot Camp with Kellyanne

Are you making the same fitness resolution this year that you made last year, and the year before? Then it's time to get serious about reaching your goal. It Burns offers many ways to help you and one of the most effective

programs is Boot Camp. Boot Camp is a 6-week progressive group strength/fitness class designed to blast fat and build muscle. Participants rotate through a series of strength and cardio moves designed to challenge your body and

change your shape. Boot Camp is led by It Burns owner, Kellyanne, who has over 20 years experience in fitness and personal training. Sign up now for the next boot camp session starting Saturday, February 14th, 7am.