



FEBRUARY 2012 NEWSLETTER

Have you heard the good news?

We will be moving most of our classes to the Fitness Center right here in Marchwood. We know the past few months you have dealt with crowded classes. We appreciate your patience! We are so appreciative of the way everyone adapted to the crowds and still managed to have fun and get a great workout. As we promised, we did everything we could to find a solution...and the solution is... BIGGER SPACE! Please watch the website and/or Facebook for updates and details. Our goal is to move to the Fitness center during the month of February. Stay tuned...

Please note the following February Schedule Changes:

- Ballet Burn class ADDED, Thursdays, 7:00 PM-8:00 PM
- Sculpt Class added Fridays, 10:30 AM
- We will **not** be adding a second Sunday Zumba® class at this time since we will soon be holding weekend classes in the larger facility

*All classes will still be held in our studio until further notice. We will keep you posted. Check back daily for updates!

** New classes/times are added on a trial basis and are subject to cancellation due to low attendance

Tune in to QVC on Feb 11:

We are headed back to QVC on Feb. 11 at 3:00 PM & 7:00 PM to help promote the Zumba® Fitness Exhilarate set!

Carry in your shoes, PLEASE:

Please do not wear your outdoor shoes on the dance floor. Tracking in salt, dirt and moisture from the outdoors makes it very difficult to keep our dance floor clean and dry. Carry in your dance shoes and change into them upon arrival. Thank you.

Exercise Mats:

We have a few exercise mats stored in our back room for new members that are not aware that they need a mat for Ballet Burn or Sculpt. Please do not store your personal mat in this area. Our space is limited, and we do not have room to store personal belongings. If you need to borrow a mat on occasion, PLEASE take the time to reroll it and return it neatly to the bin.

Lost and Found:

Our Lost and Found is FULL! Please take a peek through the bin in the back room to see if you find an item that you have been missing. We have shoes, coats, water bottles, sweatshirts etc... And, at the end of each class, please take a moment to make sure you have all of your belongings and that empty water bottles are placed in the recycling bin.

Ettiquette:

1. Please be on time. If you arrive late, take a spot in the back or side to ensure that you do not disturb the members who have arrived on time.
2. Appropriate footwear required. Wear street shoes to the studio, and then change into your dance shoes/sneakers before stepping onto the dance floor.
3. Gym bags are NOT permitted on the dance floor. Store your personal items in the waiting area.
4. Water must be in an enclosed unbreakable container. Water for sale, \$1.00/bottle. Please remember to dispose empties in our recycling bin as you exit the studio.
6. Cell phones must be on mute in the studio.
7. No one under the age of 15 permitted in adult fitness classes.
8. Please save your conversations for after your fitness class. Excessive conversation is distracting to the other members, and it also makes it difficult for the class to hear the instructor.

We appreciate your generosity:

Thank you so much for the gifts, cards, hugs, and well wishes that were shared with us during the holiday season. The group gift of a massage is going to be MUCH needed after the last few months. We are looking forward to booking our day of pampering! We would also like to say thank you for your endless support, love and smiles. Love 2 Be Fit would not be the place it is without each and every one of YOU!

Find us on Facebook at **Love 2 Be Fit Marchwood**

www.love2befit.net

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