



## Fall Fitness with Solo Fitness®



*Lisa kicks up her heels with brother Brian.*

### Solo Fitness® Staff:

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*President*

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### Swinging Into Our 10th Year

Welcome back from your summer adventures. We hope that it was full of activities, relaxing days and memorable moments.

Certainly this year has brought many milestones and triumphs for **Solo Fitness®**. On May 17<sup>th</sup> we celebrated our 10 year anniversary with a swing dance party. We danced under the guidance of Laurie Shayler, our instructor extraordinaire. It was great to see that all those chest presses and sit-ups can translate into an awesome swing step.

But that's not all, we have been working on new projects, exercises, stretches and ideas to make your workouts even more effective, fun and challenging.

Throughout the year, we have monthly staff meetings to go over the latest in fitness activities, research and ideas. Even though your exercise sessions are one on one with your trainer, we are actively discussing your program, and how best to accomplish your ever changing fitness goals.

We appreciate your continued dedication to your health and using **Solo Fitness®** for your personal training needs. We continue to grow with your support. Any referrals to **Solo Fitness®** are greatly appreciated. As a thank you for spreading the news to your family, friends, colleagues, and neighbors, you will receive a complimentary workout

session. Your next fitness session is on us!

We have an ever expanding referral base of massage therapists, Reike masters, chiropractors, physical therapists, nutritionists, and medical experts just to mention a few for you to utilize.

Please feel free to contact us directly through our website and e-mail us at: [lisahoffman@solofitness.com](mailto:lisahoffman@solofitness.com) with any comments, questions or scheduling updates. Leave us your e-mail address and you'll receive other features to come.

See you next session!

### We're on the Web!

Our other big endeavor was the announcement of [solofitness.com](http://solofitness.com) thanks to the clever creativity of Liz Minton. Come stroll through our new website, meet the staff and learn about their expertise, read our informational articles

on exercise and hot topics, sample home sessions and videos and books.



*Surf to [www.solofitness.com](http://www.solofitness.com) for interesting articles and health tips!*