



Let's Move! Volume 3, Issue 12

Save the Date!!

Holiday Hours:

Saturday, 11/24

CLOSED

Sunday, 12/25

CLOSED

Saturday, 12/31

7:00am-1:00pm

Sunday, 1/1

CLOSED

Mark your calendars!

January 6-10

New Routines and New Music!

January 7th

Group Fitness Sampler & Open House

Launch is the perfect time to share Fitness Connexion with your friends!

Mark your calendars!

February 1

Are you Fitness Connexion's Biggest Mover??

Sign up for our Biggest Mover contest throughout the month of January

and

Be ready to MOVE in February!



Free Kids Connexion!

ATTENTION MOMS: Kids Connexion is FREE!

In order to keep KIDS CONNEXION FREE, we need to reach a new goal of 30 new members by May 1, 2012! Tell every Mom you know! We can do this!

We are changing our procedures slightly to help with our costs.

- We need you to call in THE DAY BEFORE (for a.m. classes) to sign your kids up. We will NOT have staff if no one is on the list. For the p.m. hours, please call at least two hours in advance. Also, if you need to cancel please call as soon as possible to let us know.
- We will no longer be able to provide a snack. You are more than welcome to bring in a snack & drink for your child. We will, however, graciously accept any donations to share in the room.
- Please SPREAD THE WORD! We need to reach our new goal of 30 new members by May, 1 2012! We can do it!!!

Please help us! Even if you do not need child care we would appreciate you passing along the news to any moms you know who might need it! Let's help our moms get some well deserved time for themselves!

*To be reviewed annually based on membership

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MARTHA!



My name is Martha Stearns. I have four wonderful boys aged 13, 11, 9 and 5 and they all have names that start with a J! I have my bachelors degree in nursing from Illinois Wesleyan University. I teach [Group Centergy](#) and [Group Ride](#) and have taught water fitness programs. I am a Certified Personal Trainer through Aerobics and Fitness Association of America. I have a background in running and have lead women's running group. Through the group

I helped women develop a weekly running plan that increased their endurance while decreasing their overall times. I enjoy working with women to improve their health and quality of life through fitness and self-enrichment. I look forward to helping many more with their journey into health and well-being. I enjoy all of the classes at Fitness Connexion and what they have to offer my body for my own training in road races, triathlons, and adventure races. My Next big adventure is the Ironman Wisconsin 2012.

After that you never know.....



Hold the Line

Weather Report:

A Second Snowstorm is Coming!

Be prepared to build endurance and muscle with Group Ride and Group Power!

Second weigh-in is Monday, December 19th through Friday December 23rd.



Connexion Notes:

- **HAPPY HOLIDAYS** from everyone at Fitness Connexion!
- Friend us on Facebook for notification of gym closings during inclement weather. Closings will be listed with WJBC too.
- Welcome to those who took advantage of the Fitness Connexion's Today's Deal.
- Doors will open at 6:50am on Saturday mornings for the 7:00am Group Fitness Classes.