

*Final Results Fitness*  
• THE HEALTH CLUB •

# FitNews

News and Information for the members and friends of Final Results Fitness.

## FRF 30th Anniversary New Member Contest

Refer a new member for a chance to win the new iPad!



Refer a new member this fall and get a chance to win a new iPad in our 30th Anniversary New Member Contest. To help you introduce your friends we're giving you two VIP 14 day guest passes, a Hurakane Alley Parkour/OCR guest class pass, and a 14 Day Martial Arts guest pass good for any Karate, BJJ or Tai Chi classes. Just give them out to anyone you think would enjoy the club. When they decide to join, you'll get entered into a drawing for a new iPad! It's a great time of year to get started on a fitness program and there's no better place than Final Results Fitness so grab your friends and prepare to have some fitness fun!

\$250 cash prize!

Join the FRF 6 Week Holiday Weight Loss Challenge

## Thank You! For Voting Us Reader's Choice Winner



- Best Fitness Center
- Aerobics Classes
- Best Personal Training

Thank you to everyone who helped us win the 2019 Reader's Choice Award for Best Fitness Center, Best Aerobics Classes, and Best Personal Training. We are truly grateful for your support at the club and in the community.

## The Next 6 Week NEWBody Plan Starts October 15th!

The NEWBody Plan Workshop is our wildly successful series of 6 weekly educational seminars designed to teach you the science of health through nutrition and lifestyle. Whether your main goal is losing weight, lowering cholesterol or triglycerides, controlling blood sugar, reducing blood pressure, or simply improving your energy and mood, the Final Results Fitness NEWBody Plan can help you.

Participants meet once per week on **Tuesday nights at 7:00 or Wednesday mornings at 10:30**. During the first meeting everyone will receive the NEWBody Plan manual with personalized eating and exercise guidelines including good foods/ bad foods lists and sample recipes and menus based on the latest nutrition science. Each week you will receive new chapters for your manual as the material is covered in class.

The next semester starts **October 15th** and enrollment size is limited so sign up NOW! It costs just \$99 if you're already a member and \$199 for guests.



## "Here Come the Holidays" Weight Loss Challenge Contest!

The Holidays are just around the corner. Would you like to lose a couple pounds before they arrive? Need some extra motivation? How's cash? We can help. Sign up for the 2019 FRF "Here Come the Holidays" Weight Loss Challenge Contest. Everybody gets a T Shirt and weekly emails. Lose the most between now and Thanksgiving and you'll win the \$250 cash prize. It's just \$99 to join. Bring your friends and they can participate for \$169 which includes contest and membership.



# MONSTER MASH

## HALLOWEEN LAUNCH PARTY!

Join us on Saturday, October 12th for our Monster Mash Halloween Launch Party as we showcase the newest moves and latest grooves. Come dressed in your Halloween Best! There will be prizes for best costumes!

## CLASS SCHEDULE

- 8:00 Combat® Studio 1
- 8:00 CXWorx® in Studio 2
- 8:30 Sprint® Cycle Class
- 8:35 BodyPump® Studio 1
- 9:00 BodyFlow® in Studio 3
- 9:10 BodyStep® Studio 1
- 9:45 GRIT® Studio 1
- 10:10 TONE® Studio 1
- 10:45 BodyAttack® Studio 1



Launch parties are better with friends so grab a free guest pass and bring your friends!

## Hurakane Alley

### Kids Ninja Warrior Parkour Training

Hurakane Alley is a funtastic place where kids (and adults) of all ages can run, jump, swing, climb and play like a kid, all while developing the functional strength, balance, flexibility and coordination that only can be developed by practicing moving your body through space. In today's computer age it's incredibly important for children to spend some time each week detached from the screens and engaged in the type of physical activity that develops the motor skills and neural pathways that Hurakane Alley classes provide.



### Ninja Warrior Birthday Parties

If you are looking for a great, fun way to celebrate a kids birthday, we've got just what the doctor ordered. Ninja Warrior birthday parties at Hurakane Alley are 90 minutes of play time followed by 30 minutes in the party room for cake and celebrations. The basic package includes 10 participants for just \$249.

### Obstacle Course Race Training

If you are considering entering an obstacle course race or mud run, you owe it to yourself to try an OCR class at Hurakane Alley. OCR classes are designed to develop the specific strength and skills necessary for successful completion and enjoyment of races like the Goliathon, Tough Mudder, Spartan Race and Rugged Maniac.

## Introductory Personal Training Special

### Buy a 10 Pack of Personal Training with Austin, Get 2 Sessions FREE!

Whether your goals are getting in shape, losing weight, training for a sport, or just better accountability, personal training can help you reach your goals faster. With the holidays right around the corner, now is the perfect time to give it a try. Sign up now for a 10 pack of personal training with Austin and you'll get 2 additional sessions absolutely FREE! Just see Austin or stop by the desk to sign up.



### The Fall Smoothie Challenge

Grab a Fall Smoothie Challenge card at the Juice Bar at Final Results Fitness and start racking up smoothies. Every time you buy a smoothie we'll stamp your card. Every 10th smoothie is FREE! The Fall Smoothie Challenge runs through November 29th!



**Be a FRF Social Media Warrior this October and get a buck off your smoothies!**

Get paid to post about your experience at FRF! For each social media post you create you will get \$1.00 off any smoothie! Yes, this includes the delicious fall favorite, The Frosty Pumpkin. All you have to do is make a post about your experience at Final Results Fitness, whether it be about the great class you just took, a smoothie you enjoy, or hanging out with friends after Friday Night Pump. Make sure to tag @finalresultsfitness on your post. Just bring your phone to the desk and show the receptionist when you order your smoothie in October. It's that easy! While you're doing your social media crawl, remember to like and share our stuff!

