

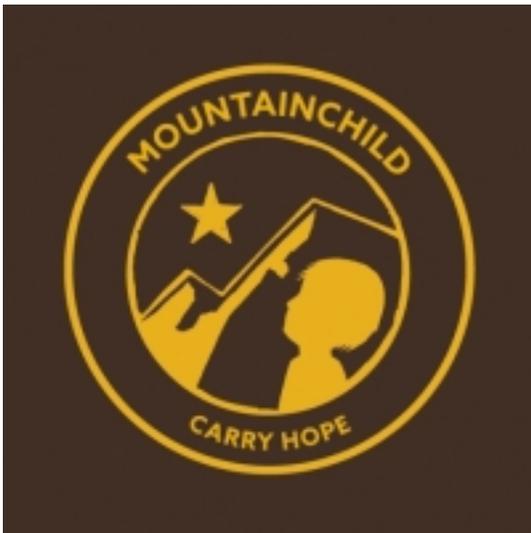
The logo for Power Mixx Fitness features the text "Power Mixx Fitness" in white, centered within a black square. Behind the text is a blue, stylized graphic of concentric, swirling lines that resemble a spiral or a dynamic energy pattern.

Power Mixx Fitness

## **JUNE POWER NEWS**

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### **MOUNTAINCHILD RUN 4 HOPE**



Power Mixx is one of the sponsors of the MountainChild Run 4 Hope. Please join us on Saturday, June 16th to support an amazing cause. 5K run/walk, 10K run/walk, Virtual Run Open to all - families, children, etc. Click on the link below to sign up.

<https://raceroster.com/events/2018/14707/2018-mountainchild-run-for-hope>

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### **TEACHER SPOTLIGHT** **Lindsey Somers**

Growing up as a dancer, I have always been active and was trained to take care of my body. It wasn't until I left for college that it finally sank in that the exercise that I had always been used to when I was younger wasn't going to work the same anymore. That's when I really fell in love with fitness (working out and eating right) so then I could continue to do what I love in the long run. Since graduating college a year ago, I've continued dancing professionally, as well as taken the time to build up my own fitness business; as a personal trainer and group fitness instructor. I never



I stumbled upon the Lagree Method about 3 years ago when I myself was going through some hard times with self-love and finding something that would give me the results I was looking for. Ever since my first class, I have loved how efficient the workout is without putting strain on the body. As a

realized how much influencing the lives of others through something I'm passionate about would impact my own life until now!

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**CELEBRATE FATHER'S DAY  
WITH A LITTLE MALT AND  
MEGA**



Join us on Father's Day June 17th. All fathers receive a Free Class. Please e-mail the studio to sign up for the 8:00 Mega, 9:00 Barre, or 10:00 Mega. [powermixxfitness@gmail.com](mailto:powermixxfitness@gmail.com)

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**Power 100**

Congratulations to the following clients. They are the first members of the Power 100. They have taken at least 100 classes since we opened.

Theresa Scheller  
Lauren Coleman  
Susan Orbino  
Melissa Terrill  
Heather Hargrave  
Beth Nielsen  
Joan Skuza-Lindekugel  
Jana Clarke  
Bettina Graff  
Leah Gustafson

dancer and now devoted weight lifter, my body is already under a lot of pressure, so having a workout I can turn to that will still push me past my limits without a lot of high-impact work, is very beneficial.

Lindsey received her Bachelors of Science in Dance Management from Oklahoma City University and is NASM certified in Personal Training.

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**NEW CLASS TIME  
BARRE MIXX  
Tuesdays 7:30 am**



Don't forget to join the Power Mixx team on September 15th in their fight against MS. Sign up online today for Muckfest. Time to get a little dirty for a great cause. Just click the link. [http://main.nationalmssociety.org/site/PageServer?pagename=HOM\\_MUCK\\_MuckFest\\_info\\_denver](http://main.nationalmssociety.org/site/PageServer?pagename=HOM_MUCK_MuckFest_info_denver)