

Power Mixx Fitness

## **NOVEMBER NEWS**

**Our amazing community is growing and we are thankful for each and every one of you. Do you need a little extra help staying on track during the holiday season? It is important to take time for yourself and stay true to your health and fitness goals. Ask us about our personal training and nutritional consulting sessions. It is a great way to jump start your holiday health goals.**

### **PLANKSGIVING BINGO CHALLENGE**

**Our Planksgiving Bingo challenge begins on Thursday. Pick up your Bingo card at the front desk. Every bingo you get will give you an entry into our Planksgiving drawing.....Free Classes, Swag, and much more!!**

***We are open on  
Thanksgiving Day***

***November 22nd  
8:30 Power Mega  
9:30 Mega Stretch***

***\*\*Modified Schedule  
Thanksgiving Week\*\****



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**CONGRATS TO ALL OUR  
ROCKTOBER WINNERS**

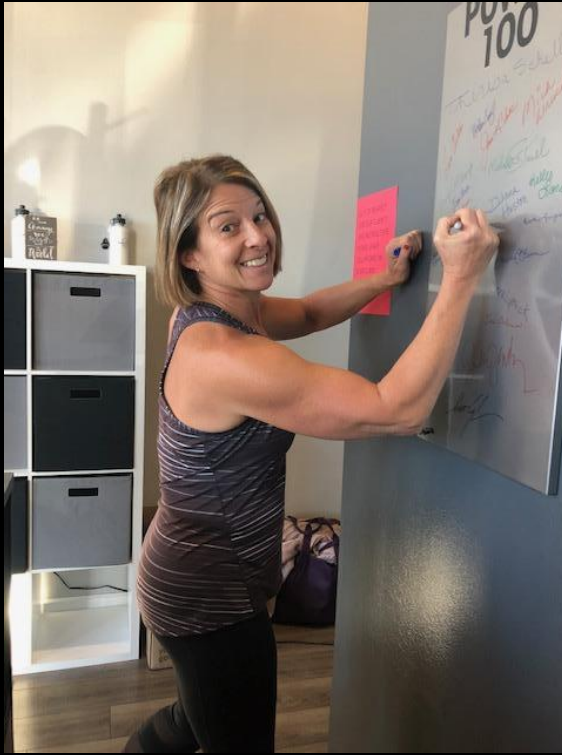
**Heather H  
Scott A  
Jessica G  
Sara L**

***New Classes and Times  
Added***

***Mega Stretch /Sundays  
3:30***

***Thursdays 9:30***

***Barre Mixx /Thursdays  
5:00am***



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Are you looking for a new class format or time? Do you have feedback regarding our current classes and instructors? We love all constructive feedback. Our goal is to create a positive fitness experience for you. Please feel free to e-mail any ideas, suggestions, or feedback to [powermixfitness@gmail.com](mailto:powermixfitness@gmail.com)

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Our Power 100 crew is growing! We love all the hardwork and dedication of our clients.

Live Love Lagree