



The Body Factory Family,

I want to Thank you For your patience in the Aerobics program, Melissa will not be able to teach her BodySculpt Class for a little while, Mike Martin and Jackie Mosier have agreed to help us out Temporarily until Missy can rejoin us.

Jackie will be doing the BodySculpt on Mondays.

Mike Martin will be doing a Step class on Wednesdays (beginning the 12th).

Please do come and show your support. The classes will be at the same times, 6:00pm

We are working on a few new programs the first being "YOUTH GONE WILD"...A youth program on Mondays and Wednesdays at 4:00pm.

It will consist of a pre stretch and workout, Followed by a snack and drink that will be provided by the staff.. Each participant will receive a weigh in, measurement, and a group T-shirt..

The first day will be more of an orientation with individual pictures taken.

There will not be an extra charge for this program the only requirement is that it be an active family membership status.

The launch date is scheduled for May 10th.

If you would like to have your children participate please sign them up at the front desk..

Thank you...
Debbie Lay

