

HAPPY NEW YEAR!!!

2010 is *your* year to get fit and flexible as only Yoga and Pilates can do!
The best thing you can do for yourself and your health, is make your weekly Yoga/Pilates classes a part of your schedule.

Put it on your calendar and make it as important as your doctor or dentist appointments
...because it is!

And to get you started on the right foot this new year, for a limited time we are offering
\$10 OFF 10-class punch passes until January 15 only!

Please take note of these changes to our schedule beginning January 2nd:

No T/TH MORNING 9:30 Classes

After years of service, Mary Beth Murphy is stepping down from teaching at the studio to focus on her growing business with her husband. We wish her all the best in this new stage of her life! As a result, we will no longer be offering the Tues 9:30, Yoga or Thurs. 9:30, Pilates for now. I am extremely picky about who I bring into the studio, and I have not found a suitable replacement yet. I would encourage you "T/TH people" to come to the M/W/F 9:30 classes in the interim. I apologize for any inconvenience as we transition through this time.

Please note: The T/TH *EVENING* classes are still "on!"

Studio CLOSED Monday, Jan. 18th for Martin Luther King Jr. Day

Front Door Locked?

For greater security, Jezreel Fitness has decided to lock the front door when nobody is available to "work" the front desk after classes start. So, if you arrive to take class and find the front door to Jezreel Fitness locked, please come around the side of the building to our "back door" and knock. It is the first door at the back of the building. We will hear you knocking and let you in! ;)

As always, we'd like to thank you for your continued support of our studio. We look forward to helping you find peace and health in 2010!

- Becca and The Renewal Room teachers