



SWEATSHOP

PILATES • GENERAL FITNESS • GROUP TRAINING • WORKOUT PROGRAMS



November 2017

Gratitude and More

There are two things we focus on in November: hand sanitizer and gratitude, not necessarily in that order. Truly, gratitude is always in fashion at the SweatShop as we have a firsthand view into people's lives. We see health achievements as well as accommodations made for life's challenges, all in the midst of a fast-paced American lifestyle. Despite a stress-inducing political climate and the changing weather patterns as a backdrop, we witness everyday miracles and can identify many moments to celebrate.

Here are two BIG ways we are expressing our gratitude this month.

ZU, ARC, & SWEATSHOP'S COALITION FOR DO THE DOABLE

Many in the SweatShop community supported staff member Zu Orionzi's role this past June with American Refugee Committee (ARC) project in Nakivale Refugee Settlement, Uganda. ARC's project and Zu's passionate connection has led us to expand on this project. We are supporting an ARC project to send Zu back to Uganda, this time as a leader in implementing "Changemakers 365 Projects"—doable projects that create genuine change for refugees in Nakivale Refugee Settlement.



Zu will represent ARC and implement real change, every day, for an entire month—for just \$500 a day. SweatShop owner Gayle Winegar committed to raise

\$20,000 all of which will go straight to the refugees that Zu connects with and their projects. We invite you to join in the support in a way that works for you:

- Join us **Thursday, Nov. 16 at 6:30 pm** for Zu's presentation on her trip to Uganda for World Refugee Day and her plans for next summer with ARC. Donate a minimum of \$50 this night and receive a 20% off shopping coupon.
- Host an intimate gathering of friends in your home, church, or community with Zu's presentation (goal to raise funds).
- Donate \$1,000 or \$500 and join a SweatShop table at the ARC's annual gala on December 2, 2017.

For more information and to donate to this SweatShop project, click <http://arcrelief.org/doing-the-doable-with-zu/>

Please consider collaborating with us and join this amazing coalition. ALL contributions go directly to funding the refugees projects and are 100% tax deductible.



SWEAT, SIP, SHOP BY CANDLELIGHT NOVEMBER 9

Join SweatShop friends for workouts, wine, and shopping for this neighborhood tradition when candles light the way and all the shopkeepers throw open their doors with warm hospitality and special offers. This year we are also hosting a "Party with the Pros" for our Pilates and fitness professional community to meet Vicky Vanderwoude, our new Professional Director who will take over in 2018 from Kelly. Choose from many events on Nov. 9:

- 4:30 pm Take a Reformer class!
- 5 pm Shopping and Sipping starts with wonderful offers on casual and workout wear, and props that make perfect healthy gifts.
- 5:30 pm So you Wannabee a Pilates Trainer—Q&A for the curious career switchers or enhancers.
- 6:30 pm Open House Restorative Yoga by candlelight. Do RSVP.
- 6:30 pm Pro event—trainers and studio owners/employers, meet and see if you are a match for each other. We invite both to RSVP.
- 7 pm Pro event—Meet Vicky and join a roundtable discussion. Find out about our 2018 Business Power Circle and coaching services. Tell us what you need.

This evening, any purchases over \$100 enters you into a drawing for group training sessions, programs, and workshops (for pros). Wine, cider, and appetizers included. RSVP, please.

Row, Row, Row Your Bod!
Find out about this month's challenge! Twelve 25-minute Rows = 100 PP
and enter a drawing for a FREE group training session
for yourself and two friends.

Pre-Holiday Drop 12 (pounds of stress) in 4 weeks! Intro Tuesday, Nov. 7 at 5:30 pm

Year-end can challenge our healthy routines, BUT this is the antidote to holiday stress. Our DROP 12 program under Fitness Director Anthony Munkholm's wise direction has had so many success stories this year; from long-time already fit members climbing to new heights, to brand new members using DROP 12 as a springboard for weight loss. Grads have lost anywhere from 8–40 lbs, and they are reveling in new fitness levels. Workouts that are short and effective, along with great nutritional coaching and fun, have folks returning to this program throughout the year to keep the progress going. Enjoy the group energy and get some kick ass workouts in!

The 4-week program starts **Saturday, Nov. 11 thru Saturday, Dec. 9**. The 25-minute workouts are Tues. 5:30 pm, Thurs. 6:30 pm, Sat. 11 am, and includes a Private 30-minute Nutrition Session. **Year-end price of \$198**. Use your Perkville points. Bring a new friend for 50% savings.

Athletic Conditioning on Reformer w/Kelly Tuesday, November 7–28

No matter the sport, we can improve your performance with our Athletic Conditioning Pilates program. Last chance to let Kelly push you before she heads off to integrate Pilates and hula in Maui.

Four Tuesdays at 6 pm, \$98 for all 4. RSVP. Use your Perkville points. Drop-In if space is available BUT the last series sold out.

Props for Gifts session with Debra: Nov. 18 at 10 am – no Stretch & Rollga Learn about the Fascia Releazer

At risk of sounding like we are running a revivalist tent, you really **MUST** come and find out why all our trainers think there should be a Fascia **RELEAZER** under every tree this holiday season. This extraordinary prop:

- Rejuvenates and regenerates the muscle fasciae tissue;
- Does a deep, adjustable vibration massage - 2 programs;
- Increases flexibility and mobility significantly;
- Increases hydration (cellular regeneration) and blood flow.

And the best part, it can help you in meditation and relaxation by slowing your resting heart rate.

Debra will share her insights and this and a dozen other props starting at \$10 and up. RSVP online and bring a friend.



OPEN HOUSES IN NOVEMBER

Open House is the perfect time for a new guest or your friends and family to take us for a test drive. Bring new friends, and we'll reward you with 100 Perkville points each. Free w/RSVP to guests!

Saturday, November 4 and 25—all classes except Reformer
Thursday, November 9, 16, 30—with Restorative Yoga at 6:30 pm
Thursday, November 23 **THANKSGIVING**

Open House Workouts **FREE** w/RSVP for new guests; half-price day pass for previous OH guests.

DIVE IN Before the Holidays

New to the SweatShop? New to fitness? Bringing a friend in to get started? All season we have had newbies **LOVING** the DIVE IN option. Our DIVE IN package includes **3 private Pilates sessions, 3 private fitness sessions, and 30 days of all the group workouts and classes you can try**. DIVE IN is a huge value at \$249, but even better, you and the staff you work with will help you know exactly what to do next for your success. **Purchase this month, you will qualify for 500 Perkville points or \$50** toward your next service purchase. Our Guest Services team can help you "DIVE IN" and get started.

▶ Join as a Member in November

Join or add a family member for 2018 and get the rest of 2017 **FREE**. When you join, we give you a gift and your choice of a holiday Bonus. Talk with the Guest Services team to review your options.

▶ Home for the Holidays Mini-Memberships

Mini-memberships are available this month. Do you have students, family, or friends that are back Home for the Holidays? **H4H Power GT** is perfect for a student on break or J term and includes **ALL workouts, except Reformer. Choice of 2 weeks \$58 or 4 weeks \$116**. (Try Us Intro is on option for first-time clients only.)

THANKSGIVING WEEKEND

will make you **GRATEFUL** to be with us.

Thanksgiving Day 7:15–11:15 am, FREE w/RSVP

8:00 am Holiday Power Circuit - Anthony

9:00 am Ess Reformer - Jen K

9:15 am Total Barre - Alex

Plaid Friday Nov. 24 8:45 am–12:15 pm

9:15 am PHIT - Lara

10:15 am Ess Reformer - Vicky

Shop Small Saturday, Nov. 25 — special offers to keep you here in our warm community.



November Calendar

- 4 Open House **FREE** w/RSVP
- 5 Daylight Savings Time **FALL BACK**
- 6 New schedule starts
- 7 5:30 pm Intro to Drop 12 w/Anthony
6 pm Athletic Conditioning on the Reformer w/Kelly
- 9 Shop by CandleLight night, 5–8 pm
Sweat, Sip, Shop 5:30 pm So You Wannabee a Pilates Trainer?
6:30 pm First Restorative Yoga by Candlelight – OH Class
6:30 pm Meet Vicky and Party with pros
7 pm Pros and Employers Speed dating
- 11 11 am pre-Holiday Drop 12 kick off
- 16 Open House & at 6:30 pm Zu reports on Uganda
- 18 10 am Props for Gifts; no Sretch & Rollga
- 23 Thanksgiving Day Open House, 7:15–11:15 am, three classes
- 24 **PLAID FRIDAY**, 9–12, two classes
- 25 Small Biz Saturday – Open House
- 30 Open House

December

- 2 Open House