

# NEWSLETTER

Body by Ty Fitness and Skin by Cheryl  
*Your Full Service Body Boutique*



Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back.

We combine passion, education and experience to bring you an individualized training session. Small group classes are our speciality. Tiina, Cheryl and Ty offer more than 30 years of combined education. Stop by today to check out our newly renovated studio and enjoy a class or two...or three...or ten.

Book online at [www.bodybytyfitness.com](http://www.bodybytyfitness.com) today.

Unleash your inner beauty...

Experience a truly unique and individualized treatment by Cheryl offering the best in skin care. Products by Sothy's, a world of extremely refined emotions and sensuality, a legendary name that represents excellence and prestige in beauty salons and spas all over the world.

Discover the sensorial experience with signature facials, seasonal facials, microdermabrasion, peels and body wraps. Call to schedule your appointment today.



FALL BACK INTO FITNESS WITH US...

Now is the time to get ready for fall with our new classes and specials starting in September...Ultimate Performance Challenge, Kettle Bells, Lunch Blast, Pilates, Come Walk With Me and Metabolic Discovery Weight Loss. Why wait until Monday to start



your program, start today and make today a great day!

Call or check us out on the web at [www.bodybytyfitness.com](http://www.bodybytyfitness.com) for the latest class schedule and prices.

DECIDE..COMMIT..SUCCEED