



TBS NEWS

September 2009

**We will be closed
Monday,
September 7th
in Observance of
Labor Day.**

**Beginning
Sunday,
September 13
we will be open
on Sundays from
8:00 am – 4:00 pm**



The AC in the Nautilus room will be replaced very soon.

The Body Shoppe will have a float in the Franklin County Fair Parade Thursday, September 10th. Come Out and Join the Fun.



WeightWatchers®

Official Weight Watchers meetings will begin again right here at The Body Shoppe on Thursday evening, September 17th.

This will either be an information and registration meeting, or the first of a 12-week series depending on the number of people pre-registered.

Please register at the front desk if you're interested.

Participants in our past two 12-week sessions lost over 600 pounds.

You, too, could be this successful.

www.tbs-opt.com

For Current Events, Class Schedules, and More

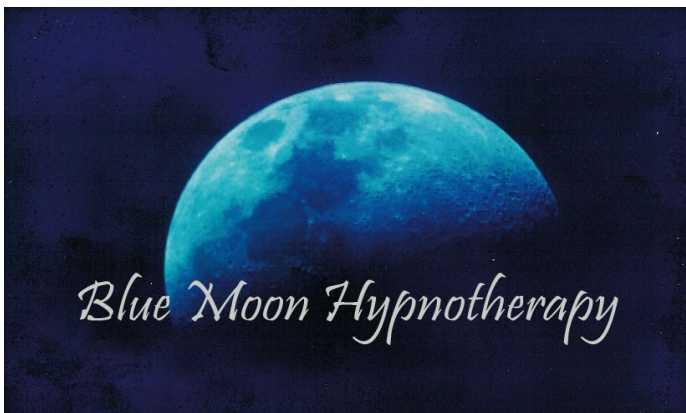
Changes Coming in the Next Month to the Fall Class Schedule

Bringing Back BOSU

Beginning September 16th our Wednesday 5:15 BOSU class with Becky will be back. Stay tuned for additional BOSU classing coming in October.

Belly

Belly Dancing with Shali will start back up on October 1st. We will run two 4-week series' that will bring us through to Thanksgiving.



We will be offering another group hypnosis for weight loss series on Saturdays at 1:00 pm beginning in September.

Stay tuned for more details

Yoga



Beginning in early September, Yog-ease with Jen Bond will be Monday, Wednesday, Friday at 7:15 am.

Embodyoga with Erika Heilig will be Tuesdays and Thursdays at 7:15 am. Embodyoga with Sarah Rury will be Tuesdays at 6:30 pm.

Stay tuned for additional afternoon and evening classes with Sarah in October.



ZUMBA

Classes continue in September on Wednesdays at 12:15 pm .

Effective September 14th, the Wednesday 5:15 pm class will move to Monday at 5:15 pm.

Saturday classes will be 9/5 and 9/19, at 9:00 am.

Watch for Zumba Gold with Debi Garlic coming soon.

**Welcome to Our New Friends
From Ladies' Workout Express**

