

Wellness Events

Save the Dates

Monday Oct. 12th...

A morning of Arbonne Health & Wellness with Kim Rio.

8:30a.m.— 11:00a.m.

Saturday Oct. 17th...

“Live Long , Live Strong”
...a wellness seminar.

(Figure 8 8-week Weight Loss Challenge Kick Off)

8:00a.m.—11:00a.m.

Saturday Oct. 24th...

Wine Tasting after hours to benefit the Western United Extreme U14 Girl's Soccer Team, a Newtown based premier soccer team. Come join us afterhours to enjoy some great wines and lots of fun.

A Silent Auction will also be conducted. Tickets are \$25 and may be purchased at the door the night of the event or in advance by contacting Club NewFit member, Tim Northrop

(fourorthrops@yahoo.com)

7:00pm– 10:00p.m

Monday Oct. 26th...

The Benefits of Acupuncture Therapy with Jody Murray.

Learn how acupuncture can alleviate chronic back and neck pain, tendonitis, chronic pain , overuse syndromes and much more. Demonstration & Q&A

10:00am & 11:00a.m

Oct. 26—31st...

National Massage Therapy Awareness Week. Come learn about the benefits and release some tension with Ellen Adriani. Check out our New Massage Treatment Room!

Mon. 5:30p.m.-7:30p.m.

Wed. 8:00a.m.-11:00a.m

Sat. 8:00a.m.-11:00a.m.



this issue

Wellness Events

Summer Highlights

The ZenBar Café

Benefits of Spinning

Summer has gone...Autumn leaves are falling.

Summer Highlights

Congratulations to all of our Tri-Athletes for a successful season of Triathlons, and congrats also to our runners in the Newtown Road Race...you make us proud!

The Labor Day Parade was a ball. We want to thank all of volunteers for helping us put together the Spinning float this year. We handed out over 500+ balloons at the parade!

The Grand Opening was a huge success, we would like to thank all of you for coming down and enjoying the buffet, juices and smoothies... We greatly thank you your continued support!

The ZenBar Cafe officially opens at the end of the month...stay tuned for our TASTE OFF! Have a favorite smoothie or protein shake recipe...save it for the smoothie challenge on Saturday November 14!

Don't forget to bring the kids in costume Halloween morning for some Tricks & Treats!

Benefits of Spinning

Spinning is a moderate way to burn calories and lose excess pounds. In terms of calories burned, about 15 minutes of spinning uses up about 170 calories. Over 12 months, this adds up to a total of 62,050 calories per year: the equivalent of 17.7 pounds of body fat.

Spinning doesn't just help you to achieve a healthy weight, it also reduces the risk of developing type 2 diabetes, osteoporosis and back pains.

We encourage you to try one of our Spinning classes. We have 13 weekly Spinning classes on the fall schedule. If you are new to Spinning you might want to try the Tuesday's 4:30pm Meditative Spin... or one of the two Saturday 45min Spin classes.

View the new class schedule online at www.NewFit.com



WWW.NEWFIT.COM