

Dogma Athletica Newsletter

December 2007

Holiday Hours

Monday Dec 24th
6am - 12pm

Tuesday Dec 25th Closed

Monday Dec 31st
6am - 12pm

Tuesday Jan 1st
12pm-8pm

Lululemon

Get your lululemon yoga wear here at Dogma...

Attention Dogma Cyclists

Rod and Josiah will be teaching a two hour, structured group ride twice a month on designated Saturdays. This month it will be December 8th (Rod) and the 22nd (Josiah).

Rod will be teaching a tempo intensity group with skill work. Josiah will be teaching a 2 hour class focusing on Force and developing bike specific leg strength to carry you into the outdoor season. Please sign up by calling 688-4433 to reserve your spot.

FOR THE MONTH OF DECEMBER

BRING A GUEST FOR FREE!!!

STOP BY THE FRONT DESK AND GET A GUEST PASS.

A Wellness Talk

~ December 4th~

Dogma Yoga Studio
7:00pm

Dr. Geri Schmidt from A Wellness Center will be speaking about Acupuncture and its benefits for weight loss and stress and how the two are related.

Check out her website at www.awellnesscntr.com [http://rs6.net/tn.jsp?e=0018dPfk9LtA9h6aR1tCxJnWk_hsFM8nSKkNTGxS0_q52k4p3pCEYr-NvtVs9hBXkeTBuEVTa9bvX4xg5ms17_-6VY6Tan52gsS-F-nA-p-8OqVuW7-cXWqg==]

for her bio and a lot more useful information.

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LETTER FROM ROD

It seems like this time of year is always one of the most challenging to our fitness goals. Holiday parties, cold days, as well as funky schedules can often derail us from our motivation and thus we head into the new year feeling bloated and...blah.

We would like to help you flip it this year. Go into Christmas and the New Year feeling and looking your best.

We have put together a Holiday Season "Clean Living" package to help you feel energized, motivated and vital during this time of year. This package includes supplements from Roex that help flush the system from toxins, reduces cravings, and keeps you lean and mean to help avoid the holiday pitfalls. Antioxidant supplements to keep you vibrant and bright and recovery supplements to help your body best recover from your workouts and to keep your immune system strong.

We are also including easy at home dinner and lunch recipes from our organic chef Michelle Pirozzi so that you can provide healthy meals to share with the family that are delicious and nutritious.

Finally, Rod Connolly will include some nutrition tips to help you make good decisions and avoid the little things that easily sabotage our fitness intentions.

This package will be available at a discounted price of \$200.00. The supplements alone retail at \$300.00 so it's a sweet deal. Ask your trainer or Mike and Julie at the front desk to set you up. Michelle Connolly of "In Your Face" will be offering discounted facials for package purchasers. This facial is designed to help protect the skin and maintain its resiliency through these sun deficient, cold winter months. It will have you looking your best through the Holidays.

Live It.  
Dogma Athletica

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COMING IN JANUARY!!!

Friday Afternoon Club (FAC)

the

Dogma Way!  
Yoga, Cycling and Wine

\*stay tuned for more information on the perfect way to start your weekend!\*

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IN YOUR FACE

SKIN FITNESS STUDIO

Don't forget all the people you love this holiday season, make sure to buy them a gift certificate for facial lovin.....

Epicuren Classic Anti Aging Facial

75 minutes- \$95.00

Great Holiday facial described as a non-surgical face lift! This treatment is a 3 step layering mask that works wonders on all skin types.

Call and book your appointment today!

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If there is no joyous way to give a festive gift, give love away!

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