

HAPPY NEW YEAR!!!!

~~~~~  
Dogma Athletica Newsletter  
~~~~~

PUNCH CARDS ARE BACK

Due to high demand we have brought back punch cards.

DOGMA Punch Cards for Cycling and Yoga can now be purchased for \$160.00 for 10 punches with a 2 month expiration date.
~~~~~

NEW CHECK IN PROCEDURES

Starting January 1st we will be issuing key ring cards to check-in with at the front desk. This will allow us to keep track of your attendance to the gym.  
~~~~~

DOGMA GOES GREEN

We are going green at Dogma and we could use your help. You may find lights and machines turned off when you go to use them. Feel free to turn them on just try to remember to turn them off when you are finished. Please recycle cups, plastic bottles and glass bottles in our recycling trash can.
~~~~~

A WELLNESS TALK

Are you having problems with your gut after you eat??  
You may have Celiac Disease.  
Celiac affects 1 out of 133 people.

Please join me

Wednesday

January 23rd

1-2pm

here at Dogma for a talk about Celiac

Disease

to

include the following topics:

What Happens

Cause

Symptoms

Diagnosis

Treatment

I will also be talking about Juice Plus+ and its benefits for your immune system.

Please email me if you are interested in attending or if you have questions [jshedko@msn.com](mailto:jshedko@msn.com) [[jshedko@msn.com](mailto:jshedko@msn.com)]. Together we can make the journey less painful,

Julie Shedko  
~~~~~

LULULEMON
Trunk Show

WHEN: Sat January 19th at 1-4pm
WHERE: Dogma Yoga Studio

Wine, Cheese & Shoppin!
New colors new styles!

Bring a friend and shop til' you drop.

~~~~~  
JANUARY/2008  
~~~~~

OUR MISSION STATEMENT:

To Deliver The Best

OUR VALUES:

FUN

We make challenge fun

COMMITMENT

Committed to Each Other & Our Clients

TEAMWORK

Being There For Each Other

CONTINUOUS IMPROVEMENT

Being on the Cutting Edge

HAPPINESS

Delivering Our Best

Live it.
~~~~~

Attention all Members:

Starting this year, we are going to be highlighting some specific products that will help you towards reaching your goals in regards to your health. This month we are featuring:

Roex Citrigenics I: This is an amazing supplement that is developed to help your body learn to metabolize stored fats and carbohydrates into energy. It will also provide you with a little extra energy for your longer duration workouts when you take it about a half hour prior to working out. The best part about this product is that it is a non-stimulant. You will not experience any sort of uncomfortable, irritating symptoms like other products out there.

Roex Optimum 100: This is designed to control your blood sugar levels which in turn will eliminate those sudden spikes and dips in your energy level due to that "crashing" effect. This also helps eliminate those sugary cravings that can hinder all of your hard work. This supplement works extremely well with Citrigenics I and you will notice results in both how your body feels as well as looks in a short amount of time.

These products, as well as all products from Roex are all natural. Roex is designed to help your body perform, feel, and look better without using unsafe ingredients.

Stop in today to pick up your Roex supplements and get on your way!

Live it!

---

NEW PROGRAM

Yoga, Cycle and Wine

The following Fridays:  
JANUARY 4th, 11th and 25th.  
5:30pm!

---

SATURDAY CYCLING CLASSES

Join Rod and Josiah for cycling class.  
9-11am with Rod January 12th  
9-11am with Josiah January 26th  
SIGN UP REQUIRED!  
Please call 688.4433 to reserve your spot  
Free for members  
\$20 for non members

---

MT. EVEREST SLIDE SHOW

AN EVENT FOR THE WHOLE FAMILY.

LOCAL MOUNTAINEERING PROFESSIONAL ELLEN MILLER HAS SUMMITTED EVEREST TWICE. COME HEAR AND SEE HER EPIC TALE!

FRIDAY, JAN 25TH 7PM  
AT DOGMA ATHLETICA

---

IN YOUR FACE

Skin Fitness Studio

ULTRA BRIGHTENING MOISTURE RX FACIAL

1 hour for \$90.00

You will love the moist, dewy feel of your skin and our potent pigment reducing enzyme and mask will lighten and brighten skin tone immediately. This therapeutic treatment begins the process for eliminating stubborn hyper-pigmentation.

Call today and book your appointment!  
970-688-4433

~~~~~  
~~~~~

May the New Year be filled with good health, love and laughter.

Sincerely,  
Dogma Athletica