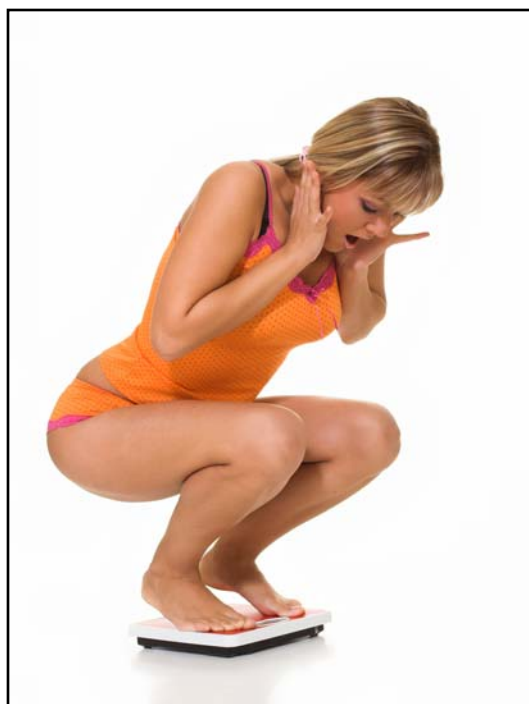


NEWSLETTER

Summer Can't Weight

Have you made friends with your scale?



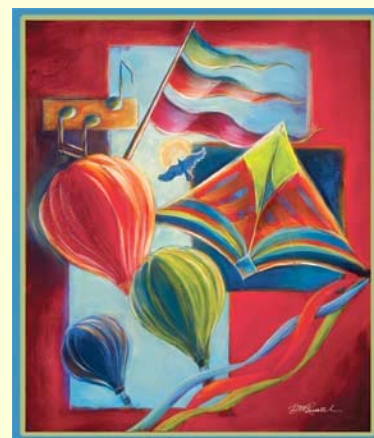
It's summer in the San Ramon Valley and that means 3 things:
Golf, Weddings and Swimsuits!

Our Golf and Fat Loss Programs will help you have the best summer of your life!

Play at a 'hole' new level, regain your energy, and live your life to the fullest by getting in shape with the Bay Area's Premier Personal Fitness Coaching Studio.

Is Your Summer Body Ready For a New Direction?

San Ramon's Art and Wind Festival



Come and join us for a Memorial Day Celebration at Central Park on May 27th and 28th between 10 am and 5 pm

Bring the whole family to enjoy the games, fun and food as we celebrate this Memorial Day!

Meet our motivational team and play with some of our state of the art equipment and learn something new!

-the New Direction team.

MAY IS REFERRAL MONTH AT NEW DIRECTION FITNESS

In honor of our exceptional clients and to all those who have made New Direction Personal Fitness the Bay Area's most Exclusive Personal Fitness Coaching studio, we would like to offer an additional thank you for entrusting those you love to use for their fat loss

and sports performance needs. Just to say thanks for recommending someone to us, we will give you your choice of a **\$100 gift certificate** to

Nordstrom's, Golfsmith, **2 Free** Personal Fitness Coaching Sessions, Therapeutic Massages, or even **\$100 cash!**

-Thank You Again.

