

SPEEDPLAY

♥ **INFO + INSPO :: SAT 2/11-FRI 2/17**

COOL THING :: Jenny turned off all the lights DTLA after class for a dark, sit-down stretch - created such a good vibe!!



FOCUS

Getting our clients signed up for baseline testing!!



♥♥ Ashley Guarrasi's Speedplay + BOX class on Sat 2/18 at 2pm!
(we might make this into a regular class and have some of you trainers teach it!)

NEW!!

♥ 2/14 V-day! :: **Speedplay underwear prize in PM classes!**
(1 man + 1 woman winner in each PM class at both locations!)



In BH on Monday 2/20 and Tues 2/21,
Nike is coming in to have our clients test out the new Nike Metcon 3s!



:: CHALLENGE ::

TRAINERS

Sell a package!

If you sell packages/memberships on your own this week to first-time buyers, you get a \$10 cut of the sale

(if it's a contract membership you get \$10 for each month)

Have your front desk write your initials in the sale note and email Tory!

FRONT DESK

Get a unique group photo after class + send to Tory!



♥ REMEMBER ♥

CREW is usually the best membership/option for ANYONE

...since it breaks down to \$20+\$21 per class.

Refresher : CREW is 5 classes per month, 3 month commitment, with a \$21 drop-in rate after 5 are used

◀◀◀◀ #FITSP0

#TBT



SONG INSPO >>>>

'Talking to Myself' (Big Wild remix) – Gallant

'Ran' – Future Islands