

INFO + INSPO :: SAT 3/11-FRI 3/17

We're throwing Blake a kegger for his 1000th class !!
It's Monday 3/20 in BH at 5:45p!!!



FOCUS

Baseline testing! This is our attempt to make our workout "sticky" -- so we need to get new client package holders on board! Chat about it (front desk + trainers!) and look at the results from clients who have already baselined!

NEW!!



ADDED :: Speedplay::60 + arms / back with Pete in BH, Thursdays at 12:30p

ADDED :: more abs classes!! DTLA Tuesday mornings and BH Friday mornings

MOVED :: Tone moved from 8:30a to 9:30a on Thursdays in BH!

:: CHALLENGE ::

TRAINERS

Keep giving your code out to ClassPassers!!
20% packages of 5, 10, and unlimited!
code is yournameFAVE (ex: bekaFAVE)
Remember - you get \$10 of each sale using that code!!

FRONT DESK

We're keeping this until someone gets it :
\$600 in sales in a week (Sat thru Fri) gets you a paid shift off!
Sammie ALMOST hit it with \$553!!!
Next up was Kayleigh with \$387 !!!
It's like sooooo do-able!

SONG INSPO from SXSW

- Ghostboy (Deluxe Mix) - Robotaki
- Mach One (feat. Tunji Ige) - Owen Bones
- Picture Perfect - Little Simz
- Waiting - Oliver Heldens, Throttle
- Silhouettes - Colony House
- Conrad - SOHN
- Stars - Future Generations



#FITSP0

