



A Message from the President



Hello Everybody:

Summer is almost over and the fall season will start again with more group classes than ever! We are also excited that we can announce our seventh anniversary and looking forward going into our eighth year of providing Personal Training and small group classes at Unique Fitness. I hope that we will see all (or many) of you at our "OPEN HOUSE" on the weekend of November 5th and 6th.

Tom and I would like to give our thanks to all our clients and members, who have become such good friends, for their dedication and support. Their success has been our motivation for the continuous expansion of our services. In this newsletter we will introduce all our classes and services and outline their benefits.

Claudia

OPEN HOUSE

**Saturday, November 5th
1:00 pm – 4:00 pm**

**Sunday, November 6th
10:00 am – 2:00 pm**

Free gift for the first 30 attendants and refreshments for all. A gift basket (value \$25) will be raffled off at the end of each day,

On our 7th anniversary you can enjoy the one-time opportunity to save on our services and specials.

For our active* clients:

Bring a friend or family member with you. In the event that your guest purchases any service from Unique Fitness you will receive a voucher for **50% off the same service** (discount based on current list prices)**

25% off Package Specials (new clients)

20 sessions of Personal Training (twice a week) for	\$705	You save \$235
3 sessions of classes (12 classes) for	\$91.50	You save \$30.50
5 (1-hour) Massage package for	\$225	You save \$75

Classes, Massage and Personal Training sessions must be taken and completed by March 31st, 2012. Goal setting fee applies to new Personal Training clients. Two day special only, no refunds.

*** Active clients have been continuously taken classes or personal training since September 1st, 2011.**

**** Vouchers are valid and covered services are to be completed by March 31st, 2012. The issuing of the voucher requires that the service is paid for in full by your guest during this open house event.**

Social Gathering at the Pool



gathering, A little different from the day-to-day routine with exercising and dieting!



Pool party at our house! Perfect weather, a jump into the pool to cool off and plenty of food to eat. Almost 25 members of Unique Fitness and family enjoyed the "day off" or "Claudia is not watching today" at the social

Kim M.



BEFORE **AFTER**

80 lbs within 6 months!

Dedicated, determined and devoted!



Another 8 weeks of "Shape-up RI" competition has been completed this summer for the "most steps walked".

This time our team of 11 members scored 44th place out of a total of 157 competing teams!

Congratulations to all of our team members!

Why should you take a class at Unique Fitness?

Private environment

- ⇒ There are between 2-6 people in your class

Personalization

- ⇒ The program will be modified to fit your needs

Individualization

- ⇒ The instructor will get the best out of you

Quality

- ⇒ Highly knowledgeable instructors help you succeed



Benefits of Personal Training

The key of making any fitness program effective is matching the right level of training intensity with your current ability, creating a plan that will take you to the next level and monitoring your progress.

Whether your goal is to improve cardiovascular endurance, muscular strength, flexibility, or body composition/weight management, we will design a proven and comprehensive fitness program that will work for you.

Programs includes:

- ⇒ Exercise Testing and advanced fitness Assessment
- ⇒ Strength Training and Exercise Programs
- ⇒ Functional Programs
- ⇒ Cardiovascular Training
- ⇒ Nutrition Analysis and Advice
- ⇒ Stretching/ Flexibility/ Balance



American Red Cross

Rhode Island Chapter

Upcoming Classes	First Aid, CPR & AED	Adult CPR & AED	Babysitter Training
Sept	Sat. 10th (8 AM–2 PM)	Sat. 10th (8 AM–12 PM)	Sun. 11th (8 AM–2 PM)
Oct.	Sat. 8th (8 AM–2 PM)	Sat. 8th (8 AM–12 PM)	Sun. 9th (8AM–2 PM)

For more information on how to sign up, visit our website www.uniquefitnessLLC.com or call : 401.615.2355

Upcoming Events:

Sunday, September 18th, 2011
11:15AM

5K CVS run/walk

Run/Walk for the Unique Fitness Team

To sign -up go to

1. www.cvsdowntown5k.com
2. Select Register
3. Select Team Registration
4. Enter username: Unique Fitness
5. Password: smile
6. Complete the team member form.

We will pick-up your goodie-bag with your T-shirt and number on Saturday prior to the run.

We will meet at Unique Fitness and if you like, you may car pool with us. Run in your favorite Unique Fitness T-shirt!!! Afterward we have lunch at Applebees.

Benefits of Yoga



Through physical poses, meditation and breathing exercise, the body and mind unite in harmony.

- ⇒ Strengthens and lengthens the body
- ⇒ Reduces muscle and joint pain
- ⇒ Improves feelings of wellness, mood and happiness

Benefits of Sculpture, DB & Body Bar Class



Strengthening exercises in the sculpture class will use a variety of tubes,

balls and weights with a combination of easy aerobic movements. Whereas the DB and Body Bar class focuses primarily on those two resistance training equipment. Both classes help to

- ⇒ Strengthen muscles
- ⇒ Increase metabolism
- ⇒ Help fighting osteoporosis
- ⇒ Reduce body weight/ fat
- ⇒ Improve heart health

All fitness levels are welcome!



Kettlebell:

A new functional way to work cardiovascular and strength at the same time!

- ⇒ Burn up to 20 calories/ min or 1,200 calories in one hour
- ⇒ Uses entire body through functional movements
- ⇒ Builds muscles, melts fat immediately!

Not for everybody - call to find out if this workout is right for you!!

Benefits of Pilates

Safe and efficient mat exercises that are suitable for all ages. With concentration on breathing and smooth motions of the limbs.

- ⇒ Strengthens the core
- ⇒ Increases flexibility
- ⇒ Reduces back pain



Exciting New ZUMBA Classes

Latin hot music, swinging hips and dance moves provide a great and fun way to exercise!

- ⇒ Burns 500-800 calories in one hour
- ⇒ Improves strength and flexibility, especially in hips and legs
- ⇒ Great for weight/fat loss

Fits everybody's needs and ability. Join our great instructor Addie!