



Welcome to the first edition of the aftershok newsletter. The purpose of this newsletter is to provide an opportunity for our participants to learn more about aftershok and the other programs that we offer. This newsletter will act as a voice of our founders along with nutrition tips from professionals in the fitness industry. We will also provide a workout tip of the month.

The aftershok philosophy promotes physical and mental competence in several fitness domains; cardiovascular/respiratory endurance, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

Nutrition tip

Exercise is the KEY

Vigorous exercise continues to have an effect on your body for time following the workout-it actually suppresses appetite for up to several hours afterward.

Further more, exercise acts on another level to assist in weight loss; it releases tensions and anxieties, common triggers for overeating.

Ask about Aftershok Personalized Nutrition

Announcements

We are proud to announce Carol De Silva Piques R.M.T, C.P. T.N A. R. T who will start in September with the introduction of a Boot camp offered on Wednesday and Friday at 9:30 am.

Starting September 15th. Tuesday Thursday 9:30 AM Monday Friday 8:30 PM
Power Yoga with Samantha Newton
Certified Ashtanga Yoga Instructor.

We are also proud to announce Branko Vincent personal trainer. Branko will bring a great deal of experience.

Grand Opening
Don't forget to put down in your
calendar September 26, 2009
3 pm till 7 pm
Door prizes, food, music