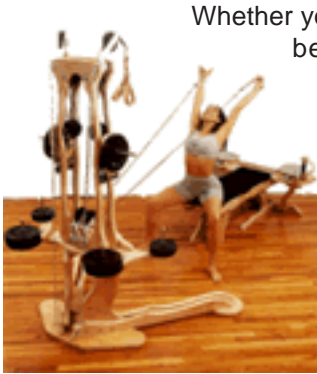


FIT BITS

A Publication of Body Design to Promote Health and Wellness

GYROTONIC® a new health trend

For those searching for an alternative in place of the traditional mode of exercise, Gyrotonic is a low-impact expansion system that can be practiced by everyone regardless of age or fitness capability.



Whether you are an advanced athlete, a beginner student, or perhaps recovering from an injury, Gyrotonic increases flexibility and range of motion dramatically while at the same time toning and strengthening the body. A difference is felt immediately as one begins a low impact Gyrotonic warm-up starting with a gentle undulation of the spine.

Gyrotonic exercise is not linear but is in fact multi-dimensional, as it smoothly reverts back and forth from contraction to expansion. This procedure releases joints and ligaments from muscular constriction while at the same time strengthening surrounding tissue. In conjunction with the exercise procedure, a special method of harmonized breathing aligned with fluid movement takes the body through a complete and full range of motion.

Developed by Juliu Horvath, a former dancer and Yogi, both Gyrotonic and Gyrokinesis incorporate key movements taken from ballet, yoga, swimming and gymnastics. Using graceful circular movements together with gentle resistance, the continuous Gyrotonic rhythmic movement elongates the spine and rejuvenates the spirit bringing the entire body and mind into balance. These unique and innovative exercises are either performed on attractively designed equipment or during floor mat exercise.

“Mother’s Day Promotion”

Give your mom the gift she’s been waiting for...time to relax and feel pampered.

With any gift purchase at Body Design, receive 2 free Regal movie tickets to make her day even better.

Pure Relaxation Massage

For pure relaxation, give your mom a 60-minute massage with a free aromatherapy upgrade.
\$80.00

Radiant Aromatherapy Facial

Indulge her with a one-hour luxurious aromatherapy facial that will make your mom look and feel radiant. This gift includes a free ampoule upgrade and a *Spa at Home* gift bag.
\$100.00

Day at Body Design

Let your Mom enjoy a day with the best of Body Design has to offer. Have her start with a private GYROTONIC® or Pilates session, then unwind with a revitalizing facial and relaxing massage. She can also enjoy free use of the cardio room.
\$205



Call Body Design at 949-719-2600 to buy a gift certificate or gift basket today.

UNWIND. LET GO. AND SLOW DOWN.

GYROTONIC® CERTIFICATION

Body Design is privileged to announce that Master Teacher Deborah Allsbrook will be holding GYROTONIC Teacher Training Foundation courses at Body Design. Deborah has been teaching Gyrotonic and Gyrokinesis since 1995. She was the owner of a studio in the South Bay area from 1995 to 2003. The studio hosted numerous teaching trainings and workshops in both Gyrotonic and Gyrokinesis.

In addition, Deborah will also be a guest instructor at Body Design. If you would like to schedule a training session with Deborah, contact the front desk at Body Design. The cost of a private session is 1 Hour - \$100.



210 Newport Center Drive, Ste 3
Newport Beach, CA 92660
(Located above Edward’s Stadium Theatres at Big Newport)

949.719.2600 - phone getfit@bodydesignonline.com
949.719.2626 - fax bodydesignonline.com

friends and relations

Body Design has hired Allison Olmstead Public Relations to direct the fitness center's public relations campaign. The PR program will concentrate on print and broadcast media exposure. Our goal is to get Body Design, its expert trainers, instructors, massage therapists and esthetician in magazines, newspapers and television.

Devoted Body Design client Jayne Lally will also be working on community outreach and recruitment of new clients. Missing some of your old workout friends? Jayne is also concentrating on bringing back past Body Design regulars.

*Thank you to all our loyal clients for your support.
You are the reason that Body Design is successful.*

Susan Tobiessen

Classes

Body Design offers a variety of classes designed to complement your regular fitness routine. Each class is taught by highly qualified and educated instructors.

Nia - The Nia Technique is a dance-like routine that uses the whole body in an expressive, grounded movement that blends martial arts, healing arts and dance arts. Perfect for every level of fitness.

1 Hour \$18

Gyrokinesis - Incorporating many key principles from yoga, dance, gymnastics and tai-chi, Gyrokinesis works the entire body while seated on low stools, standing and working on a mat. The class mobilizes the spine through a series of arching, curling, bending, twisting and spiraling movements. Gyrokinesis is especially effective for those in rehab and the elite athlete or dancer. The instructor Kit was introduced to Gyrokinesis when she did rehab on both of her knees. She attributes her complete recovery to the effective **GYROTONIC** Expansion System.

1 Hour \$18

Pilates Allegro - Taught on portable reformers, this small, five person class focuses on Pilates techniques. Prior Pilates experience suggested.

1 Hour \$35

Latin Dance - Improve your poise and confidence on any dance floor and in any social situation while learning basic rhythm and partnering techniques for several Latin dances.

1 Hour \$10

SWEET SUCCESS

featuring
Barbara
Swindell

I have been with my personal trainer, Susan Tobiessen, for about twenty years. I look forward to working out with her and my "workout partner" three times a week. I love coming to the gym and I should be here four times a week. Exercising at the gym is a top priority for me as I do no other strenuous physical activity. Reading is one of my favorite pastimes.



My group and I do core board exercises, Allegro, weight training, Swiss ball work and exercises on the mats on the floor. We like the variety and we are willing to try anything. We pride ourselves on not complaining if the activity is challenging.

I suffered a shoulder injury in a car accident in 1990, so my motivation to stay in shape is high. Since I exercise regularly, I have regained range of motion and have no pain. I will need to exercise the rest of my life.

Another thing I like about our gym is the focus on healthy eating and taking proper vitamins. I got excellent results on a bone density test my doctor gave me last year. She read the report and said, "You have the bone density of a young adolescent, and I don't see this often." I am 54 years old.

I consider it a privilege and a luxury to work out at a gym as nice as ours as often as I do. I know that many women in the world love to trade places with me and I appreciate all that I have.

Refer a friend
to Body Design and receive
a FREE facial, massage or workout!!!

At Body Design, our mission is to empower our clients by providing the knowledge & support to achieve personal health & fitness goals in a positive environment."