



"More than a workout, it's an attitude"

Hello Everyone! I hope you all had a wonderful weekend. I am going to miss my Tuesday and Friday classes this week. David is going to sub for me again on Friday and I am looking for a sub for my Tuesday night class. Here is my class schedule for the week:

- Monday, January 16: Step II Plus Abs 6:30 pm at LA Fitness- Culver City
- Monday, January 16: Body Works Plus Abs, 7:45 pm at LA Fitness - Culver City
- Tuesday, January 17: New School Step, 7:15 pm at Bodies in Motion -WLA **(SUB TBD)**
- Wednesday, January 18: Step Plus Abs, 6:30 pm at LA Fitness - Culver City
- **Friday, January 20: Step II Plus Abs, 7:00 pm at LA Fitness - Culver City (DAVID SHANNON IS SUBBING FOR ME)**

My weekly emails are posted on my website at www.xtremestep.com. You can also follow me on   

STEP OFF UPDATE

I have narrowed the potential sites down to Your Neighborhood Studio in Culver City and Bodies in Motion in West LA. I will provide more information as it becomes available.

ALTERNATIVE WORKOUT TIP

For those of you, who are looking for something different to add to your workout routine, consider trying Tai Chi. Since taking on my new role at work I have found an increasing need to meditate and find balance. I am taking a class Saturday mornings through the Beverly Hills Parks and Recreation Department. If anyone is interested in trying it, let me know. Click [here](#) for more information about Tai Chi.

QUOTE OF THE WEEK

"Time isn't precious at all, because it is an illusion. What you perceive as precious is not time, but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time - past and future - the more you miss the Now, the most precious thing there is!" **Eckhart Tolle**

Have a wonderful week. It is an honor and a privilege to bring Xtreme Step to you each and every week.