



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

Hello Everyone! I hope you all had a wonderful weekend. Please pay attention to the new start times for my Monday and Wednesday night classes at LA Fitness. Also, please note the following information regarding my schedule this week:

- The Wednesday night class will begin at 6:45 pm this week.

Here is my class schedule for the week:

- Monday, February 20: Step Plus Abs 7:00 pm at LA Fitness- Culver City
- Monday, February 20: Body Works Plus Abs, 8:00 pm at LA Fitness - Culver City
- Tuesday, February 21: New School Step, 7:15 pm at Bodies in Motion -WLA
- **Wednesday, February 22: Step Plus Abs, 6:45 pm at LA Fitness - Culver City**
- Friday, February 24: Step Plus Abs, 7:00 pm at LA Fitness - Culver City

My weekly emails are posted on my website at [www.xtremestep.com](http://www.xtremestep.com). You can also follow me on   

### **2012 STEP OFF UPDATE**

Tickets are now on sale. The cost is only \$10.00 to participate in all classes and watch the step-off. Tickets can be purchased in advance from me, Steve or Kimberly.

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When: Saturday, March 3

Time: 2:00 to 5:00 pm

Where: [Your Neighborhood Studio](#)

### **QUOTE OF THE WEEK**

"A life is not important except in the impact it has on other lives." - **Jackie Robinson**

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