

# OBOL NEWSLETTER

What's new and exciting at Victory Fitness Studio?

## APRIL GYM HERO

Meet Vince Miller....



Vince is a real inspiration. He's worked hard to get in shape. He's committed and rarely misses his sessions. Whether he's doing burpees, lunges, push ups, swiss ball push up pikes, squats, or just lifting heavy weights, Vince gives 100%. He's fun to work with and I love seeing his progress!

## Monthly Educational

## Classes

1

### OBOL TIP

Be Committed...That's why you Hire a Personal Trainer

2

### OBOL TIP

Don't Miss Your WORKOUTS!

3

### OBOL TIP

Commit To A Healthy Diet..What you eat DOES Matter!



### New Recipes Available

Visit  
VictoryFitnessStudio  
bydeni.com



### Exercise Tip

Don't Forget to  
Breathe

### Social Media



Share the love

Tag us in your posts

#OBOL

#VictoryFitnessstudi  
obydeni

## How to Live Healthy in an UnHealthy World!

We have our first monthly, "How To Live Healthy In An Unhealthy World" colloquium. The date is Wed. April 27th at 6:00 pm. We will explore healthy recipes, meal prepping, healthy grocery shopping, low-cal cocktails, just to name a few. Each month is a different topic. Come join us! Please RSVP by April 25th.

Sign up sheet in office or call me directly.  
702-768-7025



## New Class Being Offered

We have a new class starting. It's a core and all over muscle strengthening class.

The class is 45 minutes of floor exercises . You'll get a great all over body workout without the jumping. You'll feel energized and ready to face the day when we are done.

The class is TU/TH starting at 5:00 am. Come check it out!

## A LITTLE OF DENI'S STORY

I've been owner/operator of Victory Fitness Studio for SIX years now! Health, fitness and nutrition are my passion. If you need any help with weight loss, incorporating more whole foods into your diet, healthy grocery shopping, healthy recipes, pantry cleaning, meal planning, you've come to the right place. I'm a big believer that being healthy starts on the inside. If your "primary foods" (spirituality, relationships, career, physical activity) are not in order, your "secondary foods" (what you put in your mouth) won't do you much good. If your inside is out of balance then your outside is definitely out of balance. Stop by the studio and say Hi!

