



# FUSION NEWSLETTER

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## Mother's Day

"ALL ABOUT MOM" Gift Certificate Available! \$75

- ◇ 1 Personal Training session(\$25 value)
- ◇ 1 Nutrition session(\$50 value)
- ◇ 1 Week of Group Training(\$30 Value)
- ◇ PLUS: Small gift or gift certificate from the following stores: Southern Illinois Mercantile, The Vault, Magpie Marketplace, Wit & Wisdom, Whimsy

## Fusion Mom of the Month

Sheila Mathis Pempiller



I'm 55, married 37 years, mother of 5, grandmother of 10 and 11 is on the way, preachers wife, work part time at Melises, and have been going through menopause. You can always come up with excuses but since January I have lost 27 pounds and over 30 inches over all. I went from wearing size 10-12 to size 6. I feel so much better and want to stay healthy. I have to have that accountability.

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## FUSION CELEBRATES 6 YEARS! WOW!!

- ◆ Celebrate our 3000th Client!
- ◆ She gets a free month and if you bring her in and she signs up...you get a free month too!

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## PLANK WARS!

Post your most creative place to "Plank" on our FB page! Winner will be



announced in June!

## A LOOK AHEAD

Self defense class, Morning Yoga, 5 K Run

## What is Happening?

### Summer Slim Down

5 sessions a week for a month

Full Nutrition Plan

\$49.99

### Nutrition

Intermittent Fasting

Keto Love

Carb Cycle

### OVER ACHIEVER DAYS

Track Days-TBA

Ferne Clyffe Spring -TBA

### ACTIVE RECOVERY

Foam Roll-hold tender spot

for 30-60 seconds

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### CHARITY OF THE MONTH

### SPECIAL OLYMPICS

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[www.fusioncamps.net](http://www.fusioncamps.net)

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Find us on Facebook: Fusion boot Camp