

"Sweat...In Style"

Surf our website click below:

www.sweatinstyle.com

Fab & Fit April Newsletter

At Fab & Fit you'll always find sporty, trendsetting and hard to find fitness apparel and shoes at less than retail prices

Share Peace



www.FreedomPondMassworks.com



(Photo courtesy of Amie Otto Photography)(www.amieottophotography.com)

**Congratulations to team:
"Step Sisters"
"Brambleton Walk for a Cure 2010"**

" Exercise Your Beauty"

"FIND A CURE"

We're not just in the business of making you look great and feel good at lower prices.

"We want to make a difference in our community and the world."

Fab & Fit is willing to provide you support with the charitable organizations and activities that you are passionate towards.

To give back, Fab & Fit will outfit you or your team in your charity's colors as you participate in local area walks, events and other charitable activities.

Select whether you'd like a 15% discount on your "cause outfit" or whether you'd prefer us to donate 15% of your retail purchase to the charity of your choice.

For more information regarding Fab & Fit charity services click on ***"Find A Cure"*** to register and/or to contact us. For other services or to book your fabulous affair visit our new website and follow the links; remember, we are just an email, text message, or phone call away!

Motivating Love, Peace, & Soul

Valerie & Kathy



Margarita Heart Capri



Margarita Puzzles Capri



Pink Warrior Bermuda

Website Launch: A Big Thanks!

Last week, Fab & Fit launched our new website at www.sweatinstyle.com. Lansdowne resident, Larry Stromberg and the team at Threshold Technologies helped design and implement our world-wide marketing campaign - taking Fab & Fit "to the next level".

To our customers: We are also fully aware that our accomplishments are not simply attributable to "genius" leadership or hard-working employees. We grew and prospered only because of great friends like you, who gave us your loyal support along the way.

This is our thank-you note to Threshold Technologies for their patience, hard work, and hands-on approach to placing us on the Internet map. The future looks bright, and we want to acknowledge everyone's contribution to this awesome experience.

Thank you!
Kathy and Valerie

April Events

" Fab & Fit Trunk Shows "

"Health Club "Body Pump Launch"



Fitness First Chantilly

DATE: Friday, April 9th, 2010
TIME: 9:00 am - 1:00 pm
LOCATION: 13905 Metrotec Dr., Chantilly, VA; 703-378-5050
More: Fab & Fit Trunk Show "Body Pump Launch"; Hosted by: Laurie Mirda, Group Exercise Coordinator; for more info contact: Bente Gendron, General Manager



Golds Gym Leesburg

DATE: Saturday, April 24
TIME: 8:30 am - 12:30 pm
LOCATION: 1043 Edwards Ferry Road NE; Leesburg, VA 20176
More: Trunk show open to public; "Fab & Fit Trunk Show "Body Pump Launch"; Contact: Michael Varron, General Manager for membership and personal training info at: 703-669-9100; or click on: **Contact, Mike (Head Personal Trainer)**

Made with love in Africa

Recycled Rubber Bracelets



Dakar, Senegal.

"Fashion with a Heart"

"Goods that Do Good"

These bracelets are made from recycled rubber by women in Djenne, Mali providing them with a viable means of support and are sold to raise funds for L'Empire des Engants, a school for homeless children in Dakar, Senegal.



A.S.A.O. (Association du Sénégal et de l'Afrique de l'Ouest) aids women and children in West Africa. In 2002 A.S.A.O. created L'Empire des Enfants, a center for homeless children from the streets of Dakar, Senegal providing shelter, meals, education and training programs.

Private in-home trunk shows

April 18th & 30th -- Book yours today!

Click here to:

[Request Private Shop or Host a Trunk Show](#)

"Fab & Fit-ness"

Cool Fitness Finds & Equipment:

These are popular items of interest by clients of Fab & Fit. If you are interested and would like to find out more, click on "Cool Fitness Finds" to contact us with your info and a message listing your items of interest ["Cool Fitness Finds"](#)

Airex Yoga Pilates Mats

Our highest quality mat!. These multifunctional mats offer superb cushioning and excellent durability for Pilates, yoga, fitness, and more. The nonslip surface is comfortable to the touch. Mats lay flat when in use and roll easily when the workout is over. Closed-cell structure makes this hygienically treated mat moisture resistant and easy to clean with a damp cloth. Closed-cell PVC foam. Made in Switzerland. **75" L x 23" W x 1/4" thick. 4 lbs.**



**Join Fab & Fit
 --- Facebook Fan Page---
 Visit our new website
sweatinstyle.com
 for more information on
 events, to preview
 merchandise and book
 your "fabulous" affair or a
 personal
 shopping consultation**

*Exercise your beauty
 "Sweat...in style"*

Fab & Fit

Soft Touch Med Balls

Add resistance to a variety of exercises, or use in rehabilitation. Medicine ball fits in the palm of the hand allowing you to move freely through a full range of motion during exercise. Perform a wide range of upper- and lower-body exercises including crunches, rotational twists, and leg raises. Durable outer shell made of pliable PVC contains filler. Balls do not bounce and are not intended for throwing. Color coded by weight; colors may vary. **5-1/2" diam. (1 lb. to 5 lb. balls); 6-1/2" diam. (6 lb. to 10 lb. balls).**



**Host a Fab & Fit Trunk Show to receive up to 30% off your purchases!
 Hostess Rewards Program**

FAB & FIT
Sweat... in style

Valerie Konur: (703) 473-0560 www.sweatinstyle.com
 Kathy Lubitz: (703) 338-1862 fab.fit3@gmail.com

Sporty, trend setting fitness apparel, shoes & equipment.

*When you are a Fab & Fit trunk show host you will benefit with extra rewards and savings.
 So, grab your friends and experience this unique opportunity,
 to Exercise your Beauty Fab & Fit.*

Here are the benefits to hosting a trunk show with a minimum of six purchasing guests.

Your Show's Total Retail Sales	Your % d-i-s-c-o-u-n-t!
\$400.	20%
\$700.	25%
\$1,000.	30%

Looking forward to servicing you from: Fab & Fit!