



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.

Fab & Fit May Newsletter

" Sweat.....in Style"
Fabulous New Spring Merchandise at less than retail prices!



lovethislife....

lovethislife...
 is about celebrating the moment
 and that we're not guaranteed or owed another day
 and how cool it is that what we hide
 can actually be the fuel towards our glory
 and that it's not so bad being proven wrong

lovethislife...
 is about welcoming the blind turn
 and the possibility that
 there's no such thing as coincidence
 and that empathy is incredibly sexy
 and that it's never too late to
 pick up a guitar or a paintbrush
 or to make an amend or to make a new friend

lovethislife...
 could be about rekindling a past flame
 or igniting a new one
 or shapeshifting from a dreamer into a doer
 or savouring the caress of a love long gone

Issue: 5

Welcome Spring!

**May Fab & Fit Events
 You're Invited!**



***"Fabulous Mother's Day"
 Open House Trunk Show
 Wednesday & Thursday
 May 5 & 6, 2010
 11:00am - 2:30pm
 Thursday May 6, 2010
 6:30pm - 9:30pm
 Host: Fab & Fit
 Where: Kathy's Home
 19130 Stream Crossing
 Dr.
 Lansdowne
 RSVP to event thru
 Facebook***

Find us on Facebook 

***"Private Trunk Show"
 Friday, May 14
 Red Rock/River Creek***

***Personal
 Shop/Consultations by
 Appointment Available:***

lovethislife...
means whatever it is
you want it to mean because

lovethislife...
is a celebration of you and your path

lovethislife...
'cuz it could go at any second

you rock.

copyright 2002, david culiner

*the lovethislife manifesto is reproduced under license from david culiner
lovethislife.net

May 8 - 13

May 17 - 27

Click on the link below
to arrange your personal
shop or to request a trunk
show to receive up to 30%
in discounts!

**Request a Private Shop or
Trunk Show**

Fab & Fit Introduces:



Available June 2010



Kigo is minimalist footwear for everyone. Designed with versatile colors and wearable styles, kigos work as well for everyday wear as for athletic pursuits. The kigo star is designed for women who want style and minimalist comfort.

Each shoe is made with lightweight eco-friendly materials, including flexible, high-density rubber outsoles, removable EVA insoles and breathable, stain and water resistant uppers made of post-consumer recycled materials.

Whether for commuting, athletics or everyday wear, these shoes are light, healthy and tasteful.

Treat yourself with one of the most comfortable shoes to wear.

Samba Bermurda

"One of our coolest new products. Our clients already love them. They are great to wear all day long... "from your work-out to the world". Kathy Lubitz, Fab & Fit, LLC.

Samba Shorts; Soft knit drawstring waistband
Low rise with lots pockets and ties for fun and function. Front patch pockets, back flap pockets, bermuda length with side ties. Each is distinctive and original
Nylon, tactel



Blossom Dress

"Throw this dress on after a work-out, wear over your bathing suit or just wear it with a cute pair of sandals or a pair of flip-flops. You'll love the feel of this dress. Buy one today." Kathy

Debuting beautiful dresses for soft comfort either lounging and after workouts. Printed soft jersey; Surplice cross over with full back or scoop front Racerback. Cotton/poly/jersey.



Sapphire Dress

**"Kigo Footwear
Website click here for
more information"**

*"I have been wearing my Kigo footwear when teaching Pilates Mat classes.....they are incredibly comfortable and light. I find this shoe is the perfect footwear for me whenever I am teaching Pilates or Flexible Core BOSU. It offers great protection and foot stability; suited to protect from the many microbes that can be on gym floors and mats. Recommending this one personally.....your feet deserve a break, too!"
Valerie Konur, Fab & Fit, LLC.*



Valerie Konur & Kathy Lubitz
Fab & Fit, LLC.
703-338-1862