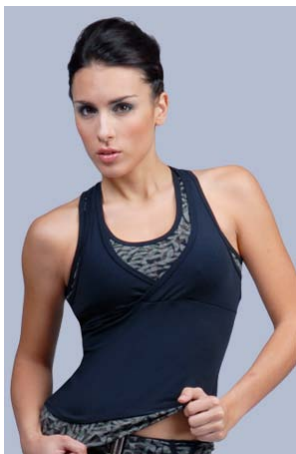


"Sweat...In Style"

Fab & Fit March Newsletter

Sporty, trendsetting fitness apparel, shoes, & equipment

Fab & Fit Introduces



Cali Top



Cali Capri

" Exercise Your Beauty"

Thank you to our fabulous February and March Hostesses for your hospitality and sharing the Fab & Fit experience with family and friends. We truly appreciate your support!

Due to scheduling conflicts, Kathy and I regretfully will be unable to join the Motiv8Me Nutrition Clinic event this Saturday, February 27th at the Potomac Club in Lansdowne.

However, if you were planning to attend this event to see us, contact us directly for a private shopping opportunity! For more information regarding Fab & Fit services or to book your fabulous affair we are just an email, text message, or phone call away!

Contact us through fab.fit3@gmail.com

Valerie 703-473-0560

Kathy 703-338-1862

Website splash page now available click on:

"Sweat in Style"

March Events

Health Club Open House Trunk Shows



Purcellville Sports Pavilion

DATE: Monday - Wednesday, March 22 - 24, 2010

TIME: 10:00 am - 1:00 pm and 4:00 pm - 7:30 pm

LOCATION: 301 North 24th Street (hwy 690N)

More: [Purcellville Sports Pavilion](#) Hosted by Jen Stone

Fab & Fit March Fundraising



Crush Capri
(available in red)



Monarch Top & Capri
Cool Fitness Finds

**Motivating
STRENGTH from
Power System**

**NEW
Weighted Gloves (pair)**

Enhance cardio intensity and arm strength with these neoprene weighted gloves.

Weight is distributed comfortably across the back of the hand. Open palm design with Velcro closure. Gloves have nonremovable weights inside each glove and 2 finger holds and a thumb hold

Shoe Irons (pair)

Stairs, leg lifts, jumps! Slide these adjustable weights over the shoes and secure them with the oversized strap. Soft, flexible 1/2 lb. Flex-Metal™ weights conform to the shape of the foot. Shoe Irons™ position the weight further from the knee and hip, so you get the same effects that ankle



**Brambleton Spring
Boutique
Benefiting
The Avon Walk For
Breast Cancer**

DATE: Saturday, March 20, 2010

TIME: 10:00 am - 1:00 pm

LOCATION: 42395 Ryan Road, Suite 100
Brambleton, VA

More: *Brambleton Welcome Center* located at the
Brambleton Town Center. Fab & Fit Trunk Show.



Group Exercise & Personal Trainer Event

Instructor and Personal Trainer

**Trunk Show & Open
House**



DATE: Sunday, March 14, 2010

TIME: 2:00 pm - 5:00 pm

LOCATION: 19130 Stream Crossing Drive; Lansdowne
(Kathy's House)

More: Specifically for all group exercise instructors, personal trainers, and clients. We will be sending out invitations for this occasion soon! Let us know if you would like to be on this mailing by responding below with your email as well as your clients or fellow instructors email information. This will be a fun evening with discounts, surprise gifts, and meeting other trainers and fitness instructors. Motivating peace, love, strength, and soul!

Email responses to: [Kathy & Valerie](#)

"Fab & Fit-ness"

"Commit to be Fit"

Small Group Fitness Training Camp

weights provide but with less weight. Fit most adult shoe sizes. Adjustable from 1/2 lb. to 3 lbs. per foot in 1/2 lb. increments. A pair includes 6 (1/2 lb.) weights yielding 1-1/2 lbs. per foot. Additional Flex-Metal weights sold separately.

Interested....place your order thru Fab & Fit Cool Fitness Finds

Four Ways to Shop Fab & Fit

Private Shop Consultation

by appointment arrange your personal shop and consultation at our Lansdowne or Leesburg locations

Host a party at your home or at our location for hostess rewards up to 30% on your purchases

Visit us at local area fitness centers and community events - See Events

Monthly open house events at our Lansdowne or Leesburg location - details in monthly newsletter



Exercise Your Beauty to Commit to be Fab & Fit this spring! Small Group Exercise program with a variety of training formats for the plus size divas. Experience the difference when you train Fab & Fit. Our program emphasizes the total body conditioning formula to encourage a passion for fitness and exercises. Our goal and mission is a commitment to providing workout formats for everyone! Interested in joining click "Commit to be Fit" and email your name with contact information as well as days and times that YOU will commit to train Fab & Fit!

Gear up with FABULOUS supportive shoes from Avia for your next workout and experience improvement in your FITNESS abilities.

Upcoming Shoe Order on March 15 - Orders placed thru March Fitness Shoe Order.

**Email your size, style, and color selection
No shipping and handling charges.
Our prices \$5.00 less than retail!**

Women's 699 Studio

Move beyond your typical expectation and enjoy the great fit and feel of the 699. Lightweight upper with supportive elements that will keep your feet steady. For more information and other shoe selections visit **Avia Fitness & Training Shoes**



Women's 626 Studio

Featuring the new Convexus II® technology, the 626 studio is one of our most versatile shoes to date. Offering amazing flex with solid stability and cushioning that will last. The dance inspired outsole is ideal for a variety of studio classes.





**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!