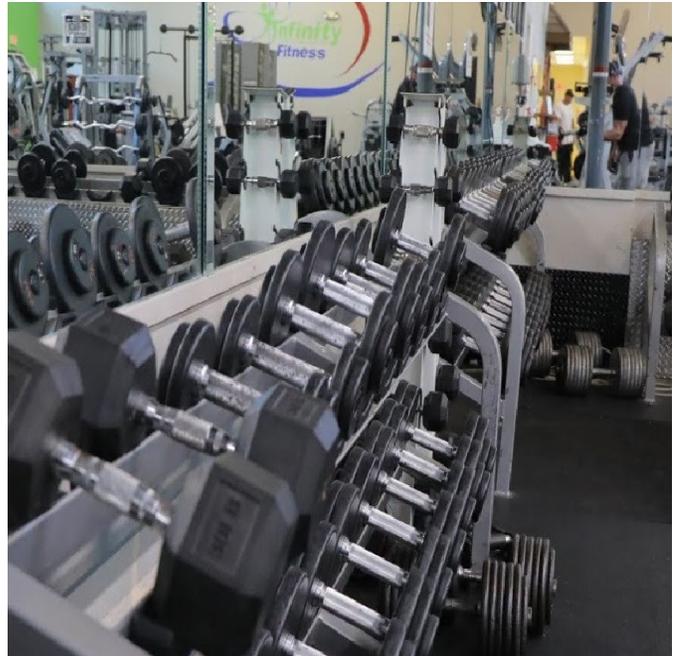




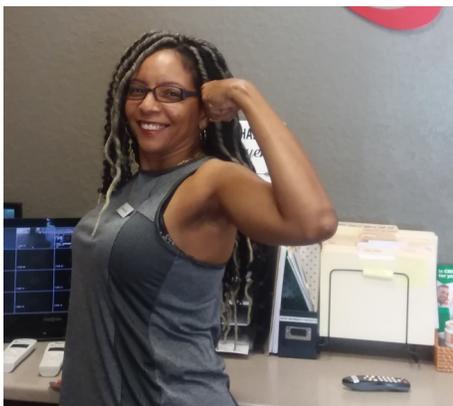
The Fit Blue Line



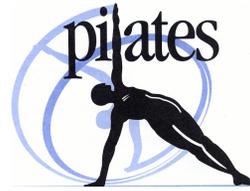
Welcome to our newsletter that was created just for you. As we have settled into the new rhythm here and in our community, we counted our blessings and you're at the top. We bring you a monthly newsletter to encourage, inspire, and THANK YOU. We will feature health tips that can be easily implemented and pay big dividends. We'll also give you opportunities for friendly monthly competition. *See the back for this month's challenge.*



Food logging is a great way to understand your eating habits. There are lots of apps to help. Once you've logged for two weeks, make an appointment with one of our trainers for an evaluation and for setting some objectives related to your diet. We like *My Fitness Pal*.



“Thank you Fruitland Park Police for your hard work during tough times. You've definitely been doing a great job protecting our city, our residents, and everyone that comes here. It's an honor to be a resident and for those reasons I'm forever grateful.”
– Maggie



About our classes...

SPINNING: This is no ride in the park! This class pushes you to peak aerobic levels. Plus, all that pedaling will work your quads, hamstrings, glutes, calves and core. We have an amazing instructor, motivating music, and top-rated bikes. TUES and THURS 5:30 p.m.

ZUMBA: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. 5 DAYS PER WEEK!

YOGA: What’s *not* to say? Yoga creates a toned, flexible, and strong body. It improves respiration, energy, and vitality. All this, while promoting self-awareness, self-acceptance, and positive thinking. All of our yoga classes are suited for beginners, intermediates, and advanced participants. 5x/week!

We also have Pilates, Step Class, BLAST, and Boot Camps.
Find our entire schedule at www.bestinfinity.com



September Competition
Who can PLANK the longest? stop by and clock your time. Keep building your stamina over the next 3 weeks.
Final date to enter is Sept 30th. Winner receives 2 Subway gift cards.

WE BACK THE BLUE

A Prayer for You

In these times of uncertainty, it is important that we are reminded of God’s unfailing protection and love. It was in the book of Psalms that David said, “Praise the Lord, for he has shown me the wonders of his unfailing love. He kept me safe when my city was under attack.” Psalms 31:21 NLT

May we be reminded that the battles we face are not only physical but spiritual. Lord Protect the hearts and minds of those serving on the front lines in our local and national law enforcement. Help us to recognize that you are our “Strength and Shield”

Sidney Brock, Pastor, Heritage Community Church



Stop in anytime to ask about rates for a family membership.