

LOFT bytes...

SIGN UP FOR KIDS WINTER RECESS

Intensive Body Conditioning

The focus for Children's personal training is on strength, agility, coordination, endurance, balance and self confidence. We are now taking sign-ups for a 3-day intensive body conditioning class for kids ages (9-15). These sessions will be conducted with our in-house Personal Trainer, Michael Probyn. Michael has been running our adult Boot Camp early morning series since April. He has a great way of motivating and sharing invaluable nutritional information in a manner that is thought-provoking and will change the way your child thinks about food. These sessions are one hour long and will be held: *Mon. 12/28, Tues. 12/29, Wed 12/30 from 1:00-2:00pm*. A minimum of 5 is required to run the program with a max of 10 ages 9-15. **\$75 per child.**

NEW TO THE LOFT DANCE & FITNESS? First class free....

New pricing, New Members, see our website...for updated pricing. New Brochures will be available soon!

LET THE LOFT DANCE & FITNESS

HOST YOUR NEXT PARTY!!!

REASONABLE PRICES/CALL US!

Introducing

.custom. airbrush tanning.

Introductory offer: buy one, get one **FREE**
offer valid until 12/10

Lasts 5-7 days

Evens skin tone

Caramel glow

Color match to your skintone

Give the gift of an airbrush tan for the *holidays*

1 tan \$55
3 tans \$150
5 tans \$225

THE LOFT
[dance + fitness]



Show off your caramel glow in your holiday dress!

Appointments available after Dec. 6:

M, W, F 5pm-9pm, Sat 9am-2pm, Sun 10am-1pm

The Loft Dance & Fitness. .92 Main St. .Yonkers. .NY. .914.751.6240.

THE LOFT [dance + fitness]

HOLIDAY SHOPPING Get in "THE MOOD" our very own Holiday CD is Available NOW at The Loft! **\$9.00**

- A Soulful Compilation of holiday melodies by such artists as : James Brown, Mariah Carey, Nsync, Brian Mcknight, Chris Brown, Bon Jovi,

The Loft Gift Certificates Available Online & Studio

1 Month Unlimited classes

A Massage – Deep Tissue, Swedish or 30 minute

Therapeutic Stretch Session

Custom Airbrush Tanning sessions

Tanning package

(Gift certificates can now be purchased online and sent to your loved one via email)

Go to: www.theloftdance-fitness

SERVICES

CLASSES choose dance or fitness

CLASS SCHEDULE

CREATE A Username & Password

ONLINE STORE

GIFT CARD TAB

Make your choice from pull down menu. Follow instructions

Convenient Online Shopping with Partner Stores

The Loft has partnered with some of the following stores:

Aroma Jems | Hugger Mugger | Good Elements | Be Present | I Love Yoga | Jade Yoga | Breathe Yoga Store | Spiritual Gansta | Shanti Boutique | Buddha Nose | Tees For Change | Third Eye Threads & more...

Follow instructions above and choose **PARTNER STORES..**

WWW.THELOFTDANCE-FITNESS.COM