

POWER SHACK FITNESS CENTERS

www.powershackfitness.com

August, 2007

SINCE 1990

4 CENTRAL OHIO LOCATIONS

Hilliard
614-771-8873

Grove City
614-539-9053

Pickerington
614-322-1275

Westerville
614-898-9540

Member Spotlight



Paula McQuade

Paula and her husband, Bob, have been members at Power Shack for 15 years. They have two daughters,

Alicia and Sarah.

Paula won the Miss Ohio in her weight class. She is a special education teacher for the Columbus Public Schools.

Check out our new website!

Long-time member Mark VanMeter has created a brand new website for Power Shack Fitness Centers. Please check it out at www.powershackfitness.com. We encourage you to sign up for our newsletter. **The 100th person to sign up will receive a t-shirt and a gift certificate for \$10.00 towards Power Shack retail items or membership dues.**

**August/September
Special
15% off
Apparel**

AFAA workshops coming to Power Shack

The weekend of September 14, 15, and 16, the Hilliard and Westerville Power Shacks are hosting several workshops conducted by AFAA, a national organization for fitness education. If you would like to increase your fitness knowledge or become a nationally certified personal trainer or group exercise instructor, please pick up a flyer at the front desk or ask a manager. The cost for this bi-annual event is approximately 30% off AFAA's regular pricing.

Our friend and long-time member, Phil Henry, was recently critically injured in a work related accident, causing paralysis to his lower extremities. Phil is determined to fight his way back to health, and Power Shack would like to help him reach his goals. Here's a few ways we can help Phil:



1. Make a donation to Phil's Fight Fund by sending a check payable to PHIL'S FIGHT FUND to 5/3 Bank, 2465 Northwest Blvd., Columbus, OH 43221.
2. Join us for a 1 1/2 hour Spinathon with DaVaun on Sun., Sept. 9th from 12:30-2 pm for a minimum donation of \$20. Power Shack will match contributions for the ride.
3. Bring in a new member who buys a special \$40 1-month membership, and we'll donate 1/2 of the amount to his fund.
4. Patronize Phil's business, "Painting by Phil," at 614-843-9292.
5. Go to philsfight.com for more suggestions.

START RIGHT PROGRAM

We believe that each member should start with a customized exercise program designed to meet personal goals, therefore Power Shack personal trainers offer two free sessions to every member.

Did you know that Power Shack.....

- Owns all its buildings and contents.
- Is scheduled to begin construction on a \$400,000, 8000 sq ft commercial rental property adjacent to the Grove City Power Shack.
- Plans to construct 10,000 sq ft of commercial rental property adjacent to the Pickerington location after the Grove City project is complete.
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★ **Welcome New Staff Members** ★
★ Power Shack welcomes its most ★
★ recently hired staff members: ★
★ Bianca Stone (PFT) Hilliard ★
★ Danielle Wiley Pickerington ★
★ Heath Redman Grove City ★
