

# March Newsletter

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[www.liliadayspa.com](http://www.liliadayspa.com)



## Group Training Sessions:

**Monday 5:30 pm**

**Wednesday 5:30 pm**

**Thursday 9:30 am**

**Saturday 12:00 pm**

## "Fat Fighters"

**Nutritional  
Classes**

**Saturdays  
11:00 am**

Get your body  
**Spring** ready &  
Join the Newest  
Program at Lilia

## ANDERSON'S LARGEST LOSER is slimming down

The largest Loser is still going strong.

Congratulations to

Dee Dee Waters, Week 3 Winner

Amy Chapman, Week 4 Winner

Crystal Hart, Week 5 Winner

Brandy Hudson, Week 6 Winner

Over **633** pounds lost so far by all participants!

Last Weigh-in is April 6th!

**Banquet will be held on Thursday, April 8th  
5:00-7:00 pm**

## "Partner Up for Fitness"

Pick a Partner to train with

Split the Cost

Get Results!

You and your fitness partner receive a 30 minute personal training session with Mikki Campbell.

\$25 per session, commitment of 10 sessions

All personal training packages include individualized nutritional counseling and extracurricular activity recommendations.

# Events at Lilia...

**Book  
Now!**

Spa Girls

Birthday Party



- Starting at age 4
- Up to 10 girls
- Special Spa Robes
- Paperwork

A Spa day to celebrate your birthday with friends.

Relax, have fun and learn to take care of your skin.

Manicures, Pedicures, Facials Galore

Pamper your princess with Spa and more!

You're never too young to live life better...

Have your Spa Day at Lilia

**Educational  
& Fun**

**MOM'S** Don't feel left out! We can do Birthday Parties for you too! Call for more details!

**National  
Make a  
Referral  
Week**

**MARCH  
8-12TH**

Refer a friend  
Receive 50% off of  
**your** next Service!

**AnMed  
Employees**

**10% off**

Receive 10% off  
Services &  
Events

Beginner  
**Zumba**  
Class



Monday  
5:30-6:30 pm

**Zumba**

**On the Rooftop**  
Monday 7-8 pm

**\$10**

Call to sign up

**Yoga**

**On the Rooftop**

Tuesday 6-7 pm

**\$5**

Free for Gym Members

# Spring Spa Specials...

## How to transition from Winter skin to Spring ready?

It's that time of year when our skin is dry, inflamed, and in search of some moisture. Your skin is wondering how much longer until Spring? What can we do to help our skin get through this dry time?

We have a few suggestions...

### A Classic European Customized Facial \$75



It's time to pamper your face after the harsh, cold Winter. *Cosmedix* chirally correct skin care products will give your face what it has been lacking all Winter long. Chirally correct skin care products like *Cosmedix* are plant based without artificial colors, preservatives, fragrances, sodium laural sulfate or propylene glycol which are all irritating to any skin type. A customized facial will help get your skin through these dry times. Your face is asking for special attention and a much needed boost, a glow that only a customized facial can bring.

What about my body you may ask? We recommend a **Vichy shower Treatment. A Salt or Sugar Body Scrub \$90** by organically geared *Bella Luce* products will leave your body feeling renewed and ready to take on sundress and flip-flop weather. Your body will thank you as your muscles are relaxed under the hydrotherapy jets and your skin will applaud your decision by the moisture it restores. A winning combination!



Hong Kong

This charming tribute to Disney's Alice in Wonderland is bound to add some SPRING to your step...

"Alice in Wonderland"



Valentine's is over...  
but the Love is not!

Our Couple's Retreat is still  
going strong.

More intimate! More romantic!  
Have a side by side massage  
with your Valentine  
all year long!



Are your feet feeling left out? We have the perfect pedicure to get your feet sandal ready with our *Bella Luce* all natural pedicure treatment.

### A One-hour Signature

**Pedicure \$75** featuring hot stones, paraffin and light massage of the feet and calves will leave you feeling relaxed and ready to conquer the Season!

You will indeed be ready for Spring. Look and feel your best for the warm weather and sunshine to come!

We have the new OPI 2010

Spring Collections

# March

## Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Group Training 5:30 pm Beg. Zumba 5:30-6:30 pm Zumba 7-8 pm	2 Challenge Weigh-In Yoga 6-7 pm	3 Group Training 5:30 pm	4 Group Training 9:30 am	5	6 Nutrition Class 11:00 am Group Training 12:00 pm
7	8 Group Training 5:30 pm Beg. Zumba 5:30-6:30 pm Zumba 7-8 pm	9 Challenge Weigh-In Yoga 6-7 pm	10 Group Training 5:30 pm	11 Group Training 9:30 am	12	13 Nutrition Class 11:00 am Group Training 12:00 pm
14 Daylight Savings	15 Group Training 5:30 pm Beg. Zumba 5:30-6:30 pm Zumba 7-8 pm	16 Challenge Weigh-In Yoga 6-7 pm	 17 Group Training 5:30 pm	18 Group Training 9:30 am	19	20 Nutrition Class 11:00 am Group Training 12:00 pm
21	22 Group Training 5:30 pm Beg. Zumba 5:30-6:30 pm Zumba 7-8 pm	23 Challenge Weigh-In Yoga 6-7 pm	24 Group Training 5:30 pm	25 Group Training 9:30 am	26	27 Nutrition Class 11:00 am Group Training 12:00 pm
28	29 Group Training 5:30 pm Beg. Zumba 5:30-6:30 pm	30 Challenge Weigh-In Yoga 6-7 pm	31 Group Training 5:30 pm			