



Issue: 13

April 2011

Official Book Release Party



Come join us to celebrate the release of Tammy's book *Think Fit 2 Be Fit!*.

The official Book Release Party will be held at The Chocolate Bar on June 11th.

Raise your glasses with us, while enjoying some of The Chocolate Bar's complimentary

signature hor d'oeuvres.

Books are \$22.95 and can be obtained at the event, online, or here at Vedas. Copies are moving fast so get yours now! Bring it on June 11th for the author to sign, and enjoy what's sure to be a beautiful afternoon.

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PM Zumba Class Adjusted

Vedas is now offering the Tuesday Zumba class at 12:15pm on Tuesday afternoon instead of in the evening. The instructor for the class is Stephanie Gorbett.

ray@vedasfitness.com

Monthly Quote

"The body is capable of much more than we put it through. Limiting factor? The mind. Unlock it and you'll be doing things you never thought possible!"

Feel free to contact us here at Vedas for details.

Date: June 11, 2011

Time: 2PM - 5PM

Location: The Chocolate Bar 347 Euclid Avenue,
Cleveland, Ohio 44114, from 2 pm - 5 pm
on Saturday

The Vedas Team

Think Fit 2 B Fit!



The Water Fountain is Back!



Thank you for your patience. The water fountain at the east end of the gym is now functional again. This goes along with the stand

alone Odessey unit that is stationed next to the vending machine.

To stay in tune with our theme of a truly "green" environment, we will no longer be providing paper cups for the stand alone unit. Feel free to bring your water bottles and fill up at will throughout the course of your workout.

Community News

Fyi - Are you aware that when you Dial 211 you get information regarding health and human services, volunteer opportunities, city and county information, and more! Check it out to see what's going on for FREE

~Anonymous

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New Addition - Boot Camp & Zumba Instructor



Stephanie Gorbett, is a certified Group Fitness and Zumba instructor, has been working in the fitness industry since 2009. She is registered with Zin Zumba instructor network and also a member of IDEA health and fitness. She is a graduate from Kent State University with a degree in Child Development and Exercise Science. As a group exercise instructor Stephanie looks to assist her classes in attaining their goals, while keeping them motivated, enthusiastic and confident. Stephanie recently performed zumba at half time of the Cleveland Cavaliers game. When she is not teaching she enjoys running, and dancing. Group Fitness is Stephanie's passion and she loves to share it with others!

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