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FOX Flier

Church & Broad * San Luis Obispo, CA 805*545*7769, 650*862*2655



SLOFOX Training Studio is Now Open!

SLOFOX is the new FOXathletics venture on the Central Coast in beautiful downtown San Luis Obispo. With more than twice the space of our Mountain View studio, SLOFOX offers not only more room to train in but also a great space for our new Barre Fit classes. An open beam ceiling and unique brick walls offer an inviting feel which allows clients to focus on their training and results.

nice mix of dynamic moves. This not only gives you a great mid section but a strong healthy body that can withhold any stress you place on it. And although our studio is fantastic to train in, we also venture outdoors training in the sand on the beach, the hills of Mount Madonna, or the local track, promising overall health both muscularly and cardiovascularly.

The FOX philosophy has always been goal oriented, individualized, efficient training focusing on the needs of each unique person whether developing an athletes' strength and conditioning program, sports specific functional program or weight loss and general fitness program. All training is Core based and Functional meaning we work from the inside out, from smaller to larger muscle groups with a

Grand Opening Special
Sign up in October and receive:
Initial training for \$35
15% off a 12 pack training session card

"Julia taught me what being in shape really means--balance and coordination, as well as strength and endurance--and she persuaded me to face up to the challenges I thought I'd never be able to meet. She was both encouraging and rigorous." Lisa D.

"Julia's targeted approach to my workout regimen not only included typical cardio and strength but also core elements and a good amount of stretching and I no longer suffer from back problems." Laura S.

Mona*Vie super food for super health

Support your body's antioxidant and nutritional needs with **MonaVie**. Taking a *Balance-Variety-Moderation* approach to nutrition, this premier formula delivers powerful antioxidants and phytonutrients to help fight free radicals and maintain your body's overall health. **MonaVie Active** enhances your body's joint health with plant-derived glucosamine, which has been designed to support joint performance and recovery, this vital formula delivers the resources your body needs to get moving. **MonaVie Pulse** nutritionally supports your cardiovascular system. With added heart health

benefits derived from plant sterols* (which studies suggest play a key factor in lowering cholesterol), resveratrol, and omega 3 fatty acids, maintaining existing healthy cholesterol levels has never been easier.

