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Spring morphed into summer, and alas! It's a time for rebirth in many different ways; often times we look at ourselves from the outside instead of looking at the inside! Look at yourself and see all the positive ways you accentuate yourself and turn that into a physical sense and look at what you can accomplish! Watch how a tree changes from winter to spring and how it flourishes. That beauty and growth comes from within. It's the same with daffodils, crocuses, tulips, and roses. The spray of color catches your eye, just as a brisk walk in the morning, or a bicycle ride leaves you feeling invigorated. A lift in your mood, a feeling of accomplishment, refreshed and able to cope with life's events better. Including the continuous changes with the pandemic of COVID-19!

As most of you know, due to my licensure and certifications I am required to abide by recommendations set forth by the company I am licensed with, state regulations/recommendations. Therefore, if all are vaccinated great. Masks are optional. I hope all have stayed healthy, including with allergies!

It's that time of year when people take vacation or go to their camps, or camping. I would like to remind FITSTOP LIMITED CO. clients to please let me know when you are away. Remember **no shows means you are charged the minimal fee of \$25.00 for not canceling six (6) hours prior to class. I try to emphasize consideration for myself and others.** Remember the Golden Rule, "Do unto others, as you would want done for you!" A big thank you to those who have been very forth coming of canceling ahead of time. **A reward will be given to those when they return from vacation!**

On another note, **beginning July 1st** The FitStop Limited Co. is requiring pre-payment for the month. Those dates will be mailed out with options of how you want to pay. There is a considerable benefit by paying bi-weekly or monthly. Again, all will be mailed the choices you have with the fees. They will look similar to this: Pay bi-weekly for 3 classes, \$42.00; Bi-weekly for 4 classes \$58.00; Pay monthly for 12 classes \$90.00; pay monthly for 16 classes \$120.00

Next, Aqua classes will be starting in weather permitting, and I will keep everybody apprised of when that will be. I am teaching 2 classes a day, and I ask that you pick a class, as pre-registration is required. Due to COVID-19, I can only have a set number of people at a time. Thank you for your utmost understanding. It is greatly appreciated!

Healthy Blessings,

Arlette