



Press Release
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FOR IMMEDIATE RELEASE
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New Self Renewal Center Raises Funds for Local Food Pantries, Introduces New Fitness Program for 2009

Madison, WI – New Self Renewal Center raised \$1,095 for local food pantries during its Holiday Hustle fitness program. The 8-week program was designed to help participants be proactive and stay on track during the holiday season, while giving something back to the community.

New for 2009, the Center is introducing Beach Body Blast, a twice-weekly strength and cardio class that starts January 19 and runs through June 17.

“The goal of this program is to help you drop weight and firm up gradually,” explains New Self Fitness Director, Christina Dexter. “The exercises are performed in circuit format and each month the exercises change, so you will never get bored. You’ll be looking and feeling you best before summer begins!”

Classes are scheduled at 1 p.m. on Mondays and Wednesdays, and at 8 a.m. and 5 p.m. on Wednesdays and Fridays. Class size is limited to eight. Additional class times will be added to accommodate increased interest. This class is free to New Self members and is included with the purchase of a day pass.

For more information or to sign up, please call New Self Renewal Center at 608.310.6775 or visit us at www.newselfrenewal.com.

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New Self Renewal Center, a new facility on Madison’s west side, provides a small community that offers both fitness and rest, focusing on health and wellness for the whole person. It is designed to give people an opportunity to rejuvenate, grow and connect with others by offering fitness and nutrition training, spa services, enrichment classes and other activities for adults and children. Membership includes open use of the fitness equipment, Swedish showers and drop-off childcare, as well as special member pricing on spa products and services, personal training and café items.