

FIGHTIN' WORDS

Dec. 2006

Round 7

HOLIDAY TOY & FOOD DRIVE!!!



EVERY DONATION ENTERS YOUR NAME TO WIN PRIVATE TRAINING!

From now until December 21st, we are holding a toy & food/clothing drive. All food and clothing items will be donated to our own San Diego "Alpha Project," a nonprofit human services organization that serves more than 4,000 people each day throughout Southern California. We are proud to say that the BOXING CO. member food donations during the Thanksgiving holiday helped feed many local San Diego homeless.

All toys will be donated to "U.S. Marine Corps Reserve Toys for Tots." These toys will be distributed to needy children in the community.

Our goal is to reach out to those less fortunate and warm up their holidays. Please bring in a new, unwrapped toy between now and December 21st. Multiple donations will be accepted. Don't wait to make a difference this holiday season.

LOWER BODY TONING

Date: Saturday, Dec. 16th
Time: 11:30 am- 12 noon
Why: Because you asked for it

Sign me up!



Get a jump on your New Year resolution! If you've never trained with Tony... "Be ready to feel the burn." So put down the cookie and sign up now!

Look for MORE SEMINARS coming in January 2007!!

Most Requested Items

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|--------------------------------|-----------------------------|
| Meat/Protein: | Dairy: |
| Canned meats | Evaporated milk |
| Canned nuts & seeds | Powdered milk |
| Peanut Butter | Puddings & custards |
| Macaroni & Cheese | |
| Beans | Breads/Cereals |
| | Pasta |
| Fruits & Vegetables | Rice |
| Canned fruits | Baking mixes |
| Canned vegetables | Cereal |
| Canned juices | Oatmeal |
| Dried fruits | |
| Toaster pastries | Special Diet Goods |
| | Low Sodium or no salt items |
| Baby Foods: | Sugar-free items |
| Baby Juices | |
| Formula | |

Need Ideas for the Holidays?

How about giving the gift of fitness to your loved ones? See the Front Desk about Gift Certificates for memberships and Private Training. Everyone wants to punch or kick something... They just may not know it yet!