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Spring 2013

The Body Shop details

Have you seen the March 20 issue of the *Times*? If so, did you notice that the The Body Shop is the featured business profile?

4641 Soquel Drive
Soquel, CA
831-475-2800

If you missed the print version, be sure to check out the [Times Publishing Group's](#) online version of the profile. Who knows... you may even see a picture of yourself.

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Sincerely,

Sunita
The Body Shop Fitness Studio

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Save the Date: April 19th Fashion and Fun Mixer!

On Friday April 19th, we will host a "clothesline party" featuring CABi wear, a line of women's clothing that ranges from the ultra casual to the professional. CABi is affordably priced clothing that lasts more than one season! What a surprise!

This is a NO PRESSURE party. Please come even if you have no interest in purchasing anything. The focus is fun and relaxation and there will be plenty of refreshments and you'll have a perfect excuse to see everyone, kick back and endure NO WORKOUTS! Our favorite masseuse, Melanie, will be at the party for an hour. We will also have several prize drawings just for coming. Bring your eyes and your appetites and join us around 4:30 or as soon as you are ready to join us, between 4:30 and 7:00 pm. We hope you can make it for the festivities!

Featuring Body Shop Client Polly Wilhelm Hormel

A ray of sunshine entered the gym when Polly joined us here at The Body Shop! Polly is such a friendly and upbeat person and she adds so much joy to the classes here. Polly works hard on her fitness routine here with us, and in her active family life, and in her professional life. Polly works at Janus, a rehab center in Santa Cruz which focuses on bettering the lives of people with dependency issues.

Polly has a delightful daughter, Mckenzie whom we sometimes see when she visits our onsite pampering micro-spa, SkincareKarma. Mother and daughter often disappear for days when they're off at Mckenzie's dance competitions, which play a big part in their life. Another big part of Polly's life is her three adorable dogs but they must stay behind at the home front along with Polly's wonderful hubby, Johnny.



We love having Polly here as part of the Body Shop fitness family! She is a real complement to our group.

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The Body Shop Fitness Studio | 4641 Soquel Avenue | Soquel | CA | 95073