



## COSMOS NEWS

July 2015



## Cosmos Fitness Announcements

### What's New At Cosmos Fitness for July

**\*Charging for Yoga**-As of July 1st, 2015 Cosmos will no longer be charging members to take Yoga. In the past we charged \$2 but we will be discontinuing this. Yoga is included in your membership. If a non-member would like to take Yoga it will be \$8 per class.

**\*Cosmos Want To Get Social**-Social media is part of our everyday life now and Cosmos will be using Social Media to help get our members better results, keep you informed, and interact with you. Please take a moment to "Like" our Facebook page. Next month we will be launching our own YouTube Channel where you will be able to watch videos produced by the club. [Click Here to "Like" our FB page](#) and to stay informed as to what is happening at the club.

**\*Changes to the Group Fitness schedule**-Each year Cosmos will put out 3 different Group Fitness schedules based on the time of the year. **We will be removing the Tuesday Evening Yoga class and the Friday evening Zumba class just for July and August.** We hope to have them return in the Fall.

**\*July 4th Hours**-We will be open July 4th from 8am-2pm and will be offering classes 9am H2O, 10am Silver Sneakers and 11am Zumba. Have a Happy (and safe) 4th of July.

## Spotlight On A Cosmos Fitness Member

**Peter and Arlene Williams- Member Since 2002**

### In This Issue

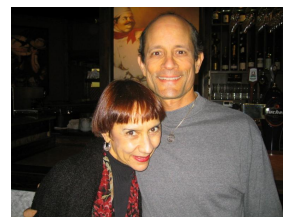
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We are shining the Cosmos Spotlight on Dr. Peter and Arlene Williams, devoted members for thirteen years and daily fitness enthusiasts for over forty years! They both thrive in an environment which offers them progressive resistance training, cardio exercise, and spa facilities, as well as the convenient hours and proximity. Sometimes Peter happily walks round trip to the club and Arlene has described the club as having "the best steam room in town".



The like-minded kinship of the fellow members is a welcomed perk to both. They also enjoy the comforting warmth and responsive presence of the Cosmos staff. In return, Arlene and Peter are inspired to assist the club through donating magazines, furniture and communicating general club items that need to be addressed.

With a lifetime fitness commitment Dr. Peter and Arlene truly appreciate all of the supportive ways that Cosmos "fits" into their lives. Thanks for being such great members.

### **Sponsorship Has It's Privileges New Sponsorship Program Set To Launch in August**

Did you know that by working out with a partner you can get up to 80% better results? It's true, and we want to help find you an exercise partner by rewarding you for sponsoring your friends, neighbors, work associates, family members and anyone else you can think of.



Cosmos Fitness has partnered with American Express to reward you for sponsoring a NEW member to Cosmos. We will be launching this program in August and provide you the opportunity to earn up to \$100 in American Express Gift Cards and other rewards.

## **Start early by forwarding this email to anyone you like and they can receive a 1 Month MEMBERSHIP...ABSOLUTELY FREE!!!**

We will have more information coming out at the end of July about our "Sponsorship Has it's Privileges" program. You can also get as many 30 Day Guest Passes as you would like from anyone at the club.

### **Coming Soon.....Community Discount Program Save 5%-20% at Local Businesses Just for Being a Cosmos Member**

Cosmos Fitness wants to reward you for being a member and give you some extra value to your Cosmos Membership. Cosmos is in the process of working with local businesses to give you an **additional discount of 5%-20%** when you do business with them, as long as you are a Cosmos member. Our goal is to have this discount program ready to launch in September and provide all of our members a list of the businesses that are participating.

If YOU own a local business and would like to participate in this program please contact Jason Alles at 770-579-3488 or email him at [jason@cosmosfitness.com](mailto:jason@cosmosfitness.com).

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Cosmos Fitness Marietta | 2745 Sandy Plains Rd #120 | Marietta | GA | 30044