



FITNESS1440

Member Newsletter

September 2015

Cosmos Fitness is Now Fitness 1440

First and foremost, Cosmos Fitness would like to extend a great big THANK YOU for your years of loyalty as we have worked hard each & every day to meet all of your personal wellness needs.

It is with great excitement & enthusiasm that we announce.....[Click here to read more](#)



Employee of the Quarter Amanda Cowherd

Passion, it is a great word and is a word that describes Amanda perfectly. Amanda Cowherd is the jack of all trades, multiple hats wearing, Assistant Manager of Fitness 1440 and we wanted to take this time to recognize her for all she does to help the club be successful.

Amanda did not start off with a passion for fitness. At one point Amanda weighed almost 300lbs and was miserable. Her journey started at Cosmos 6 years ago and over the past 7 years she lost 150lbs and then translated her passion into a full time job (really several jobs).

Amanda is not just the Assistant Manager of the club she is also a Group Fitness instructor teaching Aqua Zumba, Zumba, and fills in for other classes such as Silver Sneakers.



In addition, . [Click here to read more about Amanda and receive a special offer from her](#)

Get Better Results.....By Bringing A Friend

Studies have shown that people who workout with friends get up to 80% better results and

Fitness 1440 wants to help you find a workout buddy or two.

Fitness 1440 wants to reward our great members recruit your friends, family and others you may know and help them reach their fitness goals. How you ask. Well, for starters we will give you as many **FREE 1 MONTH** Memberships as you want to give to anyone you know. Second, we will reward you when they join.

Sponsor 1 New Member

1 Month Membership Dues + 2 Personal Training Sessions

Sponsor 2 New Members

2 Months Membership Dues + 4 Personal Training Sessions

Sponsor 3 New Members

3 Months Membership Dues + 6 Personal Training Sessions + \$10 Gift Card for American Express

Please see any of the staff for details and for guest passes. We appreciate the support from our members and look forward to providing the same great club and services to your friends and family.

Fitness 1440 FAQ Questions & Answers about Fitness 1440



We have taken the opportunity to address some of the frequently asked questions about Fitness 1440 and what it means to you as a member. Please click the link "Learn More..." for the FAQ.....[Learn More About Fitness 1440](#)

Announcements From Fitness 1440 Marietta

*** As of September 1st we have new Kids Club morning hours. Instead of being open from 9-12 we are now open, Monday - Friday from 8am-11am.**

* Fitness 1440 is happy to announce that our new cardio equipment has arrived. We now have 12 brand new pieces for you to enjoy.

* Now you can enjoy the benefits of listening to the TV's while you workout. All you need is your phone and download the app "Tunity". Follow the instructions and you can start to enjoy the sound of each TV while exercising.

* Labor Day Hours will be 8am-4pm. We will be offering our normal 9am Step class, 9:30am Aqua class and our 10am Silver Sneakers class.

* Fitness 1440 will be hosting an Open House on Oct 3rd and 4th from 9am-3pm. We will be having lots of special classes and events. There will be food, kids activities and giveaways. Bring a friend and enter our drawing for some great prizes.

* Fitness 1440 is now offering a special martial arts class on Tuesday and Thursdays from 8pm-10pm. For more information please [click here](#).

Atlanta 2 Day Walk for Breast Cancer

Fitness 1440 believes in working with local and national charities to support great causes. This month we are working with the **Atlanta 2-Day Walk for Breast Cancer** which will take place October 3rd and 4th.

We have chosen to sponsor one of our wonderful members, Jaclyn Levine, in raising money for this great event and we are asking our members to help with this wonderful cause.

To support Jaclyn Fitness 1440 will be:

1. **Hosting a "Pink Out"** Zumba class at our Open House on Oct 3rd(details to come later this month). We will provide food and we will be asking for everyone to wear pink as well as make a small donation.
2. **Asking new members** to donate \$10 in order to receive money off their new membership
3. **Asking you, our members,** to click the link and make a small, one time donation by clicking here...**[DONATE](#)**

Fitness 1440 will be looking to work with other great causes in our community which can help people have a healthy and happier life.

Fitness 1440 | 770-579-3488 | fitness1440marietta@gmail.com | fitness1440.com/marietta

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