



- Client of the month - Marian Bach
- The "Secret" Science of Fat Loss - Nov. 13th 6:30pm
- Upcoming Events
- Josie's Saturday Circuit

Client of the month - Marian Bach

Marian Bach is the client of the month for November. Marian currently works out at F.I.T. two times a week in addition to chasing her young son Joey. We currently caught up with Marian on the platform to discuss life and other serious things.



F.I.T.: What are some of your favorite exercises at F.I.T.?  
Marian: Olympic Weightlifting. What else is there? Rower???

F.I.T.: Any advice for those seeking their health and fitness goals.

Marian: It's a priority, so make it one. Just kidding. Wear sunscreen.

F.I.T.: Who is your favorite trainer?

Marian: Trey Adams...The Texan

F.I.T.: Dallas Cowboys or San Francisco 49ers? (Remember the Rower!)

Marian: New England

Trey: Reserve a Rower for me!

F.I.T.: If you had a personalized bumper sticker on your car, what would it say?

Marian: MOMS ROCK

The "Secret" Science of Fat Loss - Nov. 13th 6:30pm

Everywhere you look these days somebody has come up with another diet or weight loss gimmick. Well, we're sick of it! FIT has put together an informative lecture focused on the Science of Fat Loss that will help you understand why so many exercise programs fail. Learn how to take a safer, more efficient, and smarter approach to fat loss. Learn how to more accurately determine the number of calories your body burns at rest and why this is important. Find out how to take a more efficient approach to strength training and "Cardio" to lose those love handles.

The "Secrets" will be revealed on Thursday, November 13th at 6:30pm.

Please RSVP by "Replying" to this email.

[More Information](#)



## Upcoming Events

November 13th - The "Secret" Science of Fat Loss

November 27th - Thanksgiving (Gym Closed)

December 7th - California International Marathon

December 18th - Strength Training for Endurance Athletes

[More Information](#)



## Josie's Saturday Circuit

Here's a little sample from the first class:  
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Warm up / Dynamic Stretch

Short circuit of 8 exercises, repeated once. Each exercise was 60seconds on/off. This circuit comprised of lower body, upper body and core exercises.

Intense cardio circuit of six different exercises. 60 seconds on/transition time off. This comprised of Treadwall, jump rope, burpees (8 count), rower, UBE and hiking treadmill. It was killer, but enjoyed by all.

Cool down.

Contact [Josie@focusedtrainers.com](mailto:Josie@focusedtrainers.com) for more info.



For more information regarding FIT:  
Visit - [www.focusedtrainers.com](http://www.focusedtrainers.com)  
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