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Client of the month - Ken Riding

Ken Riding is F.I.T.'s client of the month. Ken currently trains at F.I.T. three times a week. He has an indomitable spirit and tireless work ethic until the treadmill gets the best of him during seven minutes of continuous climbing. Ken enjoys running, hiking, and cycling and recently biked through Vietnam with his daughter Kendall. Ken's fitness level is proof that an active lifestyle can deter the ill effects of aging that we will all encounter. Although Ken is a great guy, his failure to recognize the Dallas Cowboys as the greatest football team of all-time certainly reinforces the fact that humans are not perfect. If you see Ken in the gym, congratulate him for his accomplishment and I'm sure he will give you a big smile and say something like "yeah, they let the old man win this time".

[Click her for more info](#)



2004 Readers Choice Awards

Last year FIT was proud to win the Readers Choice "Best Gym" award. Thanks to your overwhelming response in 2003, they have decided to divide this category into 3 awards: Best Personal Training, Best place to get fit, and Best Women's fitness facility.

We're a little biased here but we like to think FIT is the best in all three of these categories.

Please cast your votes today!
(You do not have to fill out the entire survey)

[Click here to vote now](#)



**VOTE FOR
FIT TODAY!**

JUNE 26th and 27th Relay for Life

Relay For Life is a 24 hour celebration of hope, progress and answers. In honor of the millions of Americans who have survived cancer, teams of friends, families, and co-workers raise funds to support the continued fight against the



disease. You can walk. You can run. You can Relay For Life. This is an American Cancer Society signature activity.



FIT is going to enter 2 teams of 20 people in the Relay. Please contact us if you are interested in participating at ANY level.

Reply to this email for more information

Truly an Ironwoman! - Tracey Downing

It's been a long road since Tracey was diagnosed with breast cancer in November 2003, but after 16 weeks of chemotherapy and 6 weeks of radiation (with a wedding in the middle)... were happy to say SHE'S DONE!

Thank you for all your support through these tough times.

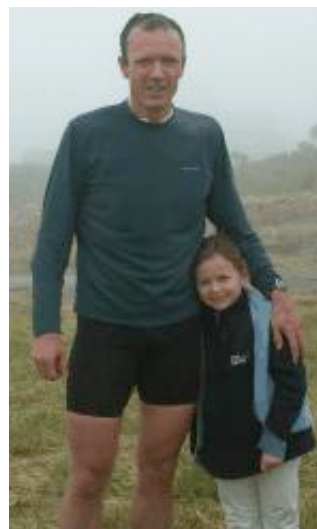


Tom Gillis makes it a 3-peat

That makes 3 consecutive Extreme Challenge wins for Mr. Tom Gillis with a 2004 time of 2:01:00.

Newcomer Ingrid Erkman took first place for the women this year with a time of 2:20:00.

FIT's Ben White.... There's always next year.



Summer camp for kids ages 10-18

"Advanced training designed to enhance performance in explosive sports."

DESIGNED SPECIFICALLY FOR

- Grammar School Athletes (Ages 10-14)
- High school Athletes (Ages 15-18)
- Athletes looking to enhance their performance
- Anyone interested in Olympic Weightlifting

June 14th - August 13th

Session 1 M-F (3:30pm - 4:30pm)

Session 2 M-F (5:00pm - 6:00pm)



[Click here for more info](#)

For more information regarding FIT:
Visit - www.focusedtrainers.com
Call - 650-947-9831

