



FIT News - Summer is just around the corner!

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Clients of the month - Bruce and Quan-Ying Eastman

Bruce and Quan-ying came to FIT in July '03, both were looking to get stronger and increase their fitness level. They have both made considerable strength gains as well as decreased their body fat since starting at FIT. Claire and Kevin have the pleasure of working with "Team Eastman", and would be the first to tell you that the couple "Comes to the gym ready to give 100% and are always in good sprits".

[Click here for more info](#)



2004 Relay for life - Los Altos

Save the date::

June 26 & 27 at Los Altos High School.

FIT will be forming teams of all ages and abilities for this wonderful event.

Please contact Jason@focusedtrainers.com or REPLY to this email if you are interested in joining a team.

[More info on the 2004 Relay for Life](#)



Men's Literary Discussion Group (Book Club)

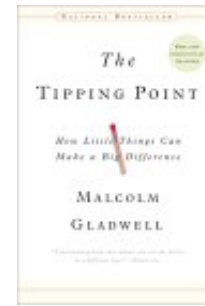
Book of the Month: "The Tipping Point" by Malcolm Gladwell

Meeting time:

Second Monday of every month at Rancho Starbucks at 6:30pm.

Contact Thom Downing for more information.

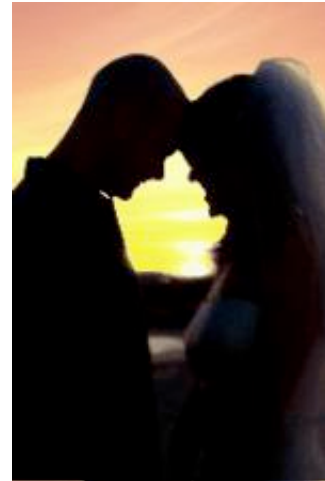
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Tracey and Thom are Married!!!

On February 14th, 2004 Tracey and Thom were married in beautiful Cabo San Lucas. The Sunset wedding was certainly an event to remember.

[Click here for photos](#)



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