

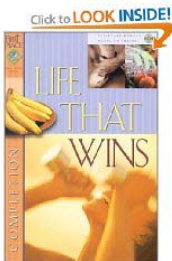


**xtreme *fitness***  
*"Never Doubt"*

## **October News**

### **OUR OPEN HOUSE was a HUGE Success!!!**

Thanks everyone for letting us use all of your tables, buckets, baskets, candles, etc. etc. to help make our Open House special! We hope you enjoyed your social time at Xtreme. I had a few Xtremies ask if we could keep the booze buckets in the studio. What do you think Gang!?!?!?! (HEHE) Thanks Again!



### **A LIFE THAT WINS STUDY**

We have a group of women that have expressed an interest in doing this study with me. Please send me your available times for the month of November and I will do my best to schedule a time to meet that works for all of us. Looking forward to it Ladies!!! ☺

**Brains Together for a Cure** - We had a great time warming up the participants of the Brains Together for a Cure Walk. We got them shaking and a grooving with some Xtreme Zumba. It was a little cold but BIG BIG FUN!!!! A Special thanks to Michelle, Trish, Ann, Roxanne and Gabby. Maria and I really appreciated you joining us for this special event. We were even featured in the Rochester Post Bulletin. (See Pics Below)

NOTE ...  
THERE ARE  
SOME  
CHANGES  
IN OUR  
SCHEDULE  
FROM NOW  
UNTIL THE  
OCT 28<sup>TH</sup>.

Please see  
attachments.  
Thank You!



**Caption: The ladies from Xtreme Fitness in Kasson got all the walkers warmed up and ready for their 5k with a few aerobics. The ladies are Ann Asprey, Roxanne Powers, Trisha Kasdagly, Maria Kasdagly, Michelle Jacob, Kris Thomas, front center with daughter Gabby Thomas, 8. Album ID: 861188 Photo ID: 26120058**

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**Caption: Walkers get a chance to warm up with a mild aerobic session with the ladies from Xtreme Fitness of Kasson. Album ID: 861188 Photo ID: 26120043**

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### **Xtreme Wear**

If you want to purchase any of the Zumba items I sent in the last newsletter, please let me know by this Wednesday the 21<sup>st</sup>. I will be placing the order that day. Thanks!

# Xtreme's Yoga Pose of the Month

## Upward-Facing Dog

### Urdhva Mukha Svanasana

*OORD-vah MOO-kah shvon-AHS-anna)*

*urdhva mukha = face upward (urdhva = upward mukha = face) svana = dog*

#### Benefits

Improves posture

Strengthens the spine, arms, wrists

Stretches chest and lungs, shoulders, and abdomen

Firms the buttocks

Stimulates abdominal organs

Helps relieve mild depression, fatigue, and sciatica

Therapeutic for asthma

#### Anatomical Focus

Wrists

#### Therapeutic Applications

Sciatica



DAVID MARTINEZ

image004.jpg

# ***Xtreme's Healthy Recipe of the Month***



*Maria's Yummy Chocolate Delight that she brought to our Open House - Thanks Maria!!!*

10 oz silken tofu

3 oz 70% dark chocolate

1/4 cup cocoa powder

1/4 cup water (I used raspberry puree, *drained & seeded*)

1 tbsp brandy (optional)

1/2 cup sugar (I reduced 2 tbsp for 1/2 cup)

1. In a blender or food processor, puree the tofu until it is smooth.
2. Put the chopped chocolate, cocoa powder, sugar, water and brandy (*this is quite optional*) in a saucepan or heat-proof bowl fitted over a pot containing 1-inch barely simmering water. Stir frequently, until melted and smooth.
3. Add the chocolate mixture to the tofu and puree until smooth and well blended. Spoon the mousse into serving dishes, cover and refrigerate for at least 1 hour or 2.
4. An option is to serve berries and crushed graham crackers on top!

# Xtreme Quote of the Month

Never Doubt Your  
Ability To  
Succeed

Have a great month ... Kris & Maria



