

"RUN... PHIL... RUN"



If you've been a round Mission Accomplished studio long enough, you'll eventually "run" into this 70yrs 'young' fellow...

Phil McGuirk is officially my longest standing currently the most senior client, I work with. We've been training together for 13+ yrs I'm honored to have him as a friend and I'm very proud of all the 's accomplishments and his 'founded' passion for running! This year alone Phil will have entered, run & in most cases placed, in over 50 foot races (most of them ranging from 1 mile to 12 marathons). This is a LONG way from the very first, very slow, single lap we walked around the UW Stout indoor track so many years ago! Phil you TRULY are an INSPIRATION!



ATTENTION: Next Boot Camp: January 11th, 2010 - February 11th, 2010 (Five weeks of Fitness)

***** Last Day to Sign Up Monday January 4th *****

Participants have the option of signing up for 2x a week (\$230.5 weeks) or up to 4x a week (\$400.5 weeks).... Class will be offered:

**Mondays & Wednesdays at 7am
Tuesdays & Thursdays at 12noon**

The rate is also a walk-in rate of \$25/class for any clients who would like to just come to a single workout during the 5 weeks... but cannot commit to the entire program... I do ask for 24-hour notice if you plan to 'walk-in'... please call the studio (763) 831-0909 or try emailing me at kim@kimayres.com



Another MISSION ACCOMPLISHED! Congrats goes out to all my gals who competed at the 2009 NANBF Northern States Natural Classic in Elk River MN. It was fun to watch all of them on stage and even more so when they all took home some "hardware": Shannon Seyforth-4th Open Figure Tall; Jennifer Paulus-2nd Open Figure Tall & 4th Novice Figure; Jennifer Sherbinow-3rd Master's Figure; and Alisha Koutney-3rd Open Body Building.
WELL DONE LADIES! I SALUTE YOU ALL!

QUOTE OF THE QUARTER: "No effort is ever wasted, although some pay a higher price than you think". -Unknown