



Holiday Boutique

Friday, December 17th 2 p.m. to 6 p.m.

Do a little holiday shopping after a power half hour workout on the TRX Suspension trainer! Donations will be accepted to the Good Wishes program. Then join local artists and designers in a special holiday shopping event for a special cause. 20% of all proceeds go towards "Good Wishes".

Get ENERGY for your TGIF Friday holiday shopping experience with Fitness Forward's TRX Suspension Training (30 minutes) by Debbie (donations go towards "Good Wishes"). Your core is engaged non-stop and you will work your entire body in 30 minutes! The popular and new fitness craze, Suspension Training®, is a revolutionary method of leveraged bodyweight exercise...your body is the machine! On the TRX® Suspension Trainer you're the weight and you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose! Fitness Forward Gift Certificates will be available as well as massage gift certificates with Glenn Goleeke...give the gift of health!

Then shop away with some of our local favorite products... plus more!

Fit Food Coach... Meet our Fit Food Coach Wendy and pick up some great healthy holiday recipes! As a culinary trained nutritionist and lover of all things related to food and eating, Wendy uses her passion for buying, tasting, cooking and eating food to show people how to have a love affair with food again.



Na La fitness clothing...an evolution of the standards in Women's active wear.



L. Erickson is a stylish hair accessory brand. Perfect gift idea for friends and family members! Come check out their unique products!



WHITNEY STERN
jewelry

Whitney Stern Jewelry Design ... Whitney Find gorgeous handmade fine jewelry by Whitney Stern, local artist and yoga instructor. Whitney combines light and dark metals with satin and matted finishes to create an organic and edgy style. Each piece is infused with a modern aesthetic that is at once timeless and beautiful.



LaRee Boutique...Find Beautiful Style with clothing by Alexander Wang, Rag & Bone, Isabel Marant and more! Located off Main Street in Bellevue. Check out their great holiday gift ideas for sale!



20% all proceeds will go toward "Good Wishes". Good Wishes is a program that provides a complimentary silk scarf for women or children experiencing hair loss due to illness.