



Let us appreciate you this week with...

It's good to be a Heavens' Member!

Monday 21st Macho Day

Heavens' Pull Up King Competition

(All day November 21, 2011)

Flex your muscles in our pull up competition for prizes and the title of Heavens' King of Pull Ups!

Two simple rules: 1 Attempt in 1 Minute and 1 Chin over the Bar = 1

Come in and get a staff to count your attempt.

Show Off Your Movember (November 21 - 30)

Post your or your friends' Movember photos on Heavens' Facebook Page Wall from November 21 - 30.

A photo with the most Likes will win 1 Month All Inclusive Membership & \$20 Heavens Bucks.

Don't have a Facebook account? Come in to Heavens and let us take a photo of your Movember.

Thursday 24th Diva Night

Stripper Size 7:30pm with Jessica Power Cyr

A perfect blend of dance base movements infused in a diva driven workout.

Perfect for women looking to have fun while working out. The goal of this workout is to appreciate your lumps, your bumps, and your curves.

Have fun while being a diva. High heels are optional.

Put Your Best Face Forward:

An Overview of Medical Aesthetics

8:30pm with Dr. Wendy Smeltzer

Dr. Wendy Smeltzer from Sante Spa Calgary is coming to Heavens to present and discuss medical aesthetics.

Join the talk!

Reserve your spot. **RSVP NOW.** Sign up in person, by phone, and email today! (403)263-3113 info@heavensfitness.com

