



**Title:** *Opening Week Celebration – 5 G.E.M.S. Fitness & Wellness, LLC*

**Summary:** Join us to help celebrate our opening week, March 2<sup>nd</sup> through March 6<sup>th</sup> and experience the unique fitness and developmental services that our company has to offer for girls in the 1<sup>st</sup> – 6<sup>th</sup> grade. Free demo classes available for girls 1<sup>st</sup> – 6<sup>th</sup> grade, custom discounts for the first few registrations, free t-shirt for the first 25 girls registered. Open House on Saturday, March 7, 2015.

**Admission:** Free

**Website:** <http://www.5gemsfw.com>

**Date:** Saturday, 3/7/2015

**Start Time:** 1:00 PM

**End Time:** 4:00 PM

**Full Details:**

**5 G.E.M.S. Fitness & Wellness, LLC** is a comprehensive fitness and wellness studio that aims to provide a unique experience for school aged girls (1<sup>st</sup> – 6<sup>th</sup> grade) here in Bothell and the surrounding areas. The company is based on a five point program which includes: fitness, wellness, empowerment, community service and sisterhood. 5 G.E.M.S. is designed for girls to come and engage in healthy self-building, team-building and community building activities through an active exercise program and specific developmental programming in a structured environment.

We provide a daily fitness program to those who enroll and we focus on youth fitness only. What makes 5 G.E.M.S. unique is our flexibility in program hours and structure. At 5 G.E.M.S. you are not required to attend a designated class hosted on a particular day of the week at a particular time, instead you have the opportunity to register for an hour slot which matches your individual work or workout schedule between the hours of 4:30 pm – 8:30 pm.

While our company focuses heavily on fitness it also functions as a dynamic organization that provides developmental programming. Not only do the girls exercise with us they also become part of a community that builds sisterhood, promotes diversity, engages in confidence building and encourages participation in community service. 5 G.E.M.S. does this by hosting the *Growing Up Girl* series that are held on Saturdays. During these Saturday sessions parents can register their child for our three hour non-exercise sessions. The *Growing Up Girl* series includes topics such as nutrition, leadership, building productive relationships, success in school, and other topics that are important to them as young women. We will also practice good citizenship through seeking active community service projects.

## Event Location

**Room:** 5 G.E.M.S. Fitness & Wellness building

**Address:** 18404 102<sup>nd</sup> Ave NE, Ste. B., Bothell, WA 98011 – Downtown Bothell

