



**Fit Friday
Crystal Couture
February 20, 2009**

For Fit Friday, Crystal Couture brought out the fantastic fitness fashions. TranquiliT, Even Keel, Xzuberance, lululemon athletica, Gold's Gym International, and others showed visitors how to look fabulous while getting in shape. There is no reason to wear old sweatpants with Crystal Couture around.

In addition to the latest fitness fashion trends, Crystal Couture also had the hottest fitness classes. Sport and Health Club, and Gold's Gym led Zumba, Body Jam, and Combat Fitness demos that got the crowd up, on their feet, and energized. One of the classes was so energetic that it almost took down the whole stage!

As if the great clothes and exciting classes were not enough, the Crystal City BID also had free health screenings and healthy snacks from Noodles & Company and Edible Arrangements. Guests of Fit Friday learned how to look great, and more importantly feel great, and there is nothing more stylish than that.

