

October 24, 2009

Dear Friends,

It is with great joy that I am writing you today to share some very exciting news about the next big step in my career as a Fitness professional. I have dreamed of this for many years, as you may already know, and finally, I will be opening my own fitness studio, called Kathy Caiello's FitStop!

The name is familiar to you because obviously, it's my name, but also, it is the one I have always used in my business since doing fitness segments with News10Now. That being said, since it does have my name on it, I take great pride in what the facility represents which is an inviting, upbeat, clean, caring, professional environment where people can feel comfortable and at home while improving their health and fitness levels. In addition, we will have certified personal trainers, several fitness classes offered including senior classes and Zumba, a registered dietician and hot stone treatments available.

Kathy Caiello's FitStop is conveniently located in the heart of the Village of East Syracuse at 215 West Manlius Street, East Syracuse, N.Y. 13057. Several years ago it was known as "The Sing along Saloon". Currently, Peace Inc. occupies the basement level of the building.

You are invited to come to my Grand Opening/Open House the entire weekend of November 20<sup>th</sup>. There will be activities Friday evening 5:00pm until 8:00pm, Saturday from 10:00am until 2:00pm and Sunday from 12:00noon until 4:00pm. I would love for you to join us for any part of the weekend to check it out, participate and celebrate this new and exciting venture.

Thank you so much for your patronage and encouragement throughout the years as none of this would be possible without your support.

Sincerely,

Kathy Caiello

