

Dear Foley's Family:

We wanted to get out a pre-THANKSGIVING UPDATE before everyone does their thing during Thanksgiving Week and Day. **\*\*OUR HOURS ON THANKSGIVING DAY: 6:00 a.m. – 11:00 a.m. All other days are "normal hours."**

**MASKS "GOOD" – COVID-19 BAD.** From the jump, as we move into Thanksgiving, we want you to know that we are VERY THANKFUL for all our members. You ALWAYS stand by us and fight with us in strictly adhering to the current COVID Sanitation Protocols and Guidelines (including **MASKS WORN OVER THE MOUTH AND NOSE**) and we greatly appreciate you. You are helping us all keep fit, healthy and safe. Indeed, it continues to be a wild-ride through COVID-19, but you all get it and, without you doing what you do here at Foley's, we would not be able to keep the doors open. THANK YOU!!!

**FOLEY'S FITNESS APP.** Tired of searching for your Foley's Member FOB in your vehicle cupholder, purse, clothes pocket or frustrated when you do not have the "right" key chain when you head to the gym? Worry no more! Download our FOLEY'S FITNESS application and you can check-in with one click on the Foley's app. <https://apps.apple.com/us/app/foleys-fitness/id1484707153> You can also sign up for SPIN / CLASSES via the app and keep analytics on your workouts by connecting a fitness wearable device (***FITMETRIX Heart Rate Monitors SOLD @ Foley's for \$50***).

**FOLEY'S NUTRITION.** We are excited to report we have now received the required State AND Town of Scarborough licenses and we are now OPERATING "***Foley's Nutrition***" (formerly, Smoothie Doctor). We have updated the menu with delicious and even more healthy drinks, while **lowering the price** of both small and large sizes. We have added regular and flavored coffee to the menu, both Hot AND Cold Brew (with PROTEIN added as an option), and Tea. Our menu also includes Mike's micro measure of calories and protein to fit anyone's desired drink outcome.

**LOYALTY PROGRAM.** Lastly, regarding, Foley's Nutrition, we have implemented a **LOYALTY PROGRAM** through the SQUARE system. Buy FOUR drinks and get the FIFTH **FREE**. Please sign-up via this LINK: <https://squareup.com/loyalty/MLV35WKS6DHKP/profile/overview> If you already have a credit card on file in our gym's operating system, MINDBODY, you can also purchase food and drinks through that card inside Foley's Nutrition (and at the Front Desk).

**PRODUCT ADDED TO Foley's Inventory:** (**THC FREE** CBD Isolate)

RecoveryCBD® -> <https://recovery-cbd.com/?v=40f9d8362b89>

*Train Harder <-> Recover Faster* **\*\*CBD FORMULATED FOR ATHLETES\*\***

Safe – Simple – Compassionate

**HOLIDAY GIFTS ANYONE?** If you would like to purchase FOLEY'S GIFT CERTIFICATES, please email: [joe@foleysfitnesscenter.com](mailto:joe@foleysfitnesscenter.com) and Joe will coordinate the preparation (amount, wording, etc...) with you and arrange for you to receive the certificate via email or you can pick the certificate up at the gym. The Certificate(s) can be used for Membership Fees (**COLLEGE STUDENTS HOME FOR THE HOLIDAYS**), Classes, SPIN, Tanning, Food/Drinks or SWAG.

**Co-Located Business Partners.** We have THREE business partners located with us @ Foley's Fitness gym:

1) <https://skinmedaesthetics.com/> (**Contact:** Dr. Anthony “Rocco” Perrone @ 207-572-1618)

(TWO Convenient Locations): **Foley’s Fitness Center** [33 Haigis Parkway Scarborough, ME 04074](#)

Skin Medical Aesthetics [765 Roosevelt Trail Windham, ME 04062](#)

## Bring out your best you!

**SPECIALTY**: The latest medical practices for body sculpting and skin enhancement. **Choose Foley’s Fitness as your premium spot for body contouring.**

2) <https://optimalbodyworkme.com/> (**Contact:** Whitney Bean @ 207-887-0555)

**SPECIALTY**: Treating musculoskeletal pain, injuries, and mobility.

3) <https://sisumentality.com/> (**Contact:** Dr. Jesse Mead @ 207-887-0555)

**SPECIALTY**: **FIX YOUR BODY-MOVEMENT SPECIALISTS.**

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