

# The Atkins Group

## Stone Creek Commons

[www.atkinsgroup.com](http://www.atkinsgroup.com)

February 2012

**Kinex Fitness Studios** has recently **expanded and opened a brand new, state-of-the-art group fitness studio**. Kinex now offers over **30 classes** in a **wide variety of class times and formats providing** the best facility and experience for Champaign/Urbana's fitness needs.

No matter what a client's schedule, Kinex can accommodate with early morning, mid-morning, afternoon and evening classes on Monday thru Friday. Additionally Kinex offers classes from 9am-4:15pm on Saturday and 4:30pm-6:40pm on Sundays.

There's plenty of class formats to choose from: different variations of Zumba, Yoga, R.I.P.P.E.D., Hip-Hop Hustle, PiYo, Pilates and TurboKick. Kinex also offers two different formats of the world's most popular group fitness provider LesMills: BodyCombat and BodyFlow. In addition, Kinex fitness professionals have designed class formats specifically to help clients achieve their fitness goals. Kinex has created Core power, Circuit Strength, Take [it] Off (weight loss), Kinex Sculpt, Kinex Strength, Kinex Endure and Kinex Skillz.

Kinex clients do not have to sign a contract or commit to any monthly fees. A client is free to train as little or as much as they desire. To be able to participate in classes a client purchases the number of classes that they would like to attend. When a client arrives they scan in with a key tag which will automatically deduct a class from their purchased package.

Kinex Fitness Studios is the NEW and PREMIER choice for all of Champaign/Urbana's fitness needs. Located conveniently at The Pines in Urbana. For more information or if you have any questions you can contact us at 217-344-6600, visit our great website at [www.kinex-studios.com](http://www.kinex-studios.com) or stop by in-person to tour the new fitness studio.

**Kinex Fitness Studios. "Where your fitness needs and our expertise connect."**



### Our Newsletter is going GREEN !

Starting this summer we will be distributing the Newsletter digitally. Help us save some trees.

Please go to our website [www.atkinsgroup.com](http://www.atkinsgroup.com) and enter your email address on the Newsletter pop up screen or scan the Newsletter QR code below.



## milo's RESTAURANT

Start your day the right way  
....with **breakfast at milo's**  
**7am-11am daily**

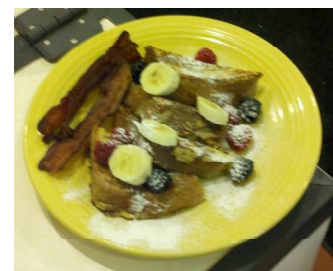
There is something for every palate on Milo's breakfast menu. Stir-fried tofu with bell peppers, onions and tomatoes (\$7), carb-less breakfast casserole (\$8), fresh fruit, yogurt and home-made granola parfait (\$6), quiche (\$8), steel-cut oatmeal with fresh fruit, mixed nuts and brown sugar (\$6), bagel and smoked salmon platter with sliced tomato, red onion and capers (\$10), and your traditional Belgian waffles, buttermilk pancakes, and eggs all with a Milo's twist and reasonably priced. Stop at Milo's to taste these delightful dishes and more. You'll wonder why you waited so long!



Migas Eggs \$8



Breakfast Burrito \$9



Homemade Broche  
French Toast \$9

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## Golf Season is almost upon us. Get Your Season Passes Now!

### Season Pass for 2012

(Stone Creek Residents receive a 25% off pass rates)

Individual Pass \$1,200

(Additional Player:

\$450 for each additional player

Winter Rates: till February 29, 2012

18 hole rate - \$25 cart included

Off-Season: March 1 –April 30, 2012

18 hole rate - \$39 cart included

Senior/Ladies 18 hole rate before 11am - \$35 cart included

\*Call Golf Shop for more Information : 217-367-3000



## MAIA ROMAN SPA

An Unforgettable Experience



This **Valentine's Day**, indulge your Valentine in the rich experience of **Maia Roman Spa**. Relax in the Decompression Room with a glass of wine. Enjoy some irresistible chocolate covered strawberries. Have the romantic time of your life!

Choose from one of our special **Valentine's Day Packages**:

Lovers' Paradise	Mini Lovers' Paradise
Feel the Heat	I Choose You
Undress to Impress	Romancing the Stone
Romantic Red Rose Manicure	Couple's Retreat
Feeling Rose-y Body Polish	My Valentine
Love Your Skin Sweetheart Facial	

Visit our website or call for details!!

[www.maia-spa.com](http://www.maia-spa.com)

217-344-6242 (MAIA)

2860 South Philo Road, Suite G, Urbana



2860 South Philo Road, Suite H, Urbana

## FRENZY SALE

### 50% off all resale

February 21st thru the 25th

[www.frogsandfairiesboutique.com](http://www.frogsandfairiesboutique.com)

Spring arrives March 1st



2740 South Philo Road, Suite A, Urbana



2860 South Philo Road, Suite L, Urbana

Stop in Wines on **Valentine's Day**

4-9pm February 14

Small Bites and Special Flights!

Enjoy playful pairings to either entice your appetite or satisfy that sweet tooth.

[www.winesatthepines.com](http://www.winesatthepines.com)

**Wines at The Pines**  
Coupon

**\$1 off any pound of Metropolis coffee**  
Expires February 21, 2012

