

FROM THE VILLAGE

THE VOICE OF ALAFAYA VILLAGE



A PROJECT OF MAINSAIL DEVELOPMENT GROUP

APRIL 2008 EDITION

Let Peak Physique Cardio & Kickbox Centre Help You Reach Your Fitness Goals!

Whether you're a fitness buff or a beginner, Peak Physique can help you reach your goals. Peak Physique offers a variety of group fitness classes (including kickboxing, aerobics and yoga), as well as one-on-one personal training. As an added bonus for From the Village newsletter readers, Peak Physique is offering a **complimentary fitness assessment and a FREE personal training session** designed to help you meet your individual fitness goals.

Receiving your free session is easy! Simply [click here](#), print out the coupon and bring it to Peak Physique to get started.

In addition to the group classes already offered, Peak Physique has an exciting interactive event this month:

- The Essence of Belly Dance -- April 24 from 7 to 8:30 p.m. You'll be fascinated by the music, movement and the art of belly dance. We invite you to "The Essence of Belly Dance," a 1 1/2 hour introduction to the art of the dance and how it relates to you, your body and your unique self expression.



These classes are open to the public. Each class is \$20 and concludes with light refreshments, including wine and healthy snacks. Bring your friends!

For more information about Peak Physique, please call (407) 273-3677 or visit the Web site at <http://www.ppckc.net/>.

SPRING HAS SPRUNG AT PAINTED BY HUE!

In celebration of spring and all the things it brings, Painted by Hue is offering special activities and events throughout the month of April – the perfect time to create something special for Mother's Day, weddings, graduations, and teacher appreciation and end-of-the-school-year gifts!

Special events in April include:

- **Mommy & Me Story Time:** Every Wednesday, Thursday and Saturday, stop by with your little one for story time and create gifts for Mom, Grandma or any other special person.
- **Ladies Night:** The tradition continues from 6 to 9 p.m.! Stop by Thursday evening for a fun-filled night featuring discounts and instruction using specialty glazes and techniques.
- **Dads & Donuts:** Every Saturday morning during April, we welcome all dads (and boys!) to come by and create a masterpiece for the lucky lady in their life. The fun begins at 11 a.m. and we bring the donuts!



In addition to these exciting activities, Painted by Hue offers a variety of daily specials and nightly events including: date night, family night and student discount nights. As always, walk-ins are welcome. Come in and create a masterpiece today!

For exact times and additional details, please call (407) 282-5556 or visit Painted by Hue on the Web at <http://www.paintedbyhue.com/>.

MEET OUR TENANTS

- [Life Song Church](#)
- [Radiance Skin and Body Spa](#)
- [Academic Achievers](#)
- [Sunflower Chinese](#)
- [Mainsail Development Group](#)
- [SBR and Associates](#)
- [Peak Physique Cardio and Kickbox Centre](#)
- [Advanced Dermatology](#)
- [Discovery Zone II Preschool](#)
- [Jet's Pizza](#) Coming soon!
- [Florida International Realty](#)
- [Painted by Hue](#)
- [East Orlando Chamber of Commerce](#) Now open!
- Hands on Chiropractic 407.384.2207
- In Style Hair and Nails 407.381.0227
- Ekklesia Orlando

Spring is here, grow your business!

Alafaya Village (and all of its tenants!) is a proud member of the East Orlando Chamber of Commerce. Joining is easy! And once your business is member, you will receive information about important East Orlando community issues including school news and the extension of Alafaya Trail.

For more information, please call the Chamber at (407) 277-5951 or visit the Web site at <http://www.eocc.org/>.

Taking East Orlando from Great to Greatness!

Our business grows!

We're gearing up to announce some exciting new tenants at Alafaya Village! Look for new businesses to emerge in the upcoming months.

For leasing information, please contact Mainsail Development Group at (407) 513-6340, extension 100.

ALAFAYA VILLAGE

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