

ISLAND IMPACT

Coconut Water, Pineapple, Mango,
Coconut & Vanilla Protein



PROGRAM: GROUP FITNESS & PT CARDS

Your exercise staff can be your best ally in promoting the Shake & Smoothie Bar. Group Fitness Instructors can offer time-stamped cards that reward classes with a discount if claimed within 30 minutes of class-end.

PT's can use discount cards to promote recovery at the end of each training session. These can be printed off our Member's Club for free!

AUGUST 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|------------------------|------------------------|----------------------|--|--|---------------------------|
| | | | | <small>JULY 2020</small> <small>S M T W T F S</small> <small>1 2 3 4</small> <small>5 6 7 8 9 10 11</small> <small>12 13 14 15 16 17 18</small> <small>19 20 21 22 23 24 25</small> <small>26 27 28 29 30 31</small> | <small>SEPTEMBER 2020</small> <small>S M T W T F S</small> <small>1 2 3 4 5</small> <small>6 7 8 9 10 11 12</small> <small>13 14 15 16 17 18 19</small> <small>20 21 22 23 24 25 26</small> <small>27 28 29 30</small> | |
| | | | SAMPLE | | | SEE THE PROTOCOL 1 |
| CLEAN FILTER & ICE MAKER DEEP CLEAN S&S BAR | | | ISLAND IMPACT | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| DEEP CLEAN S&S BAR | SAMPLE | | | | | |
| 9 | TRAINER'S SHAKE | 11 | 12 | 13 | 14 | 15 |
| 10 | | | | | | |
| DEEP CLEAN S&S BAR | | | | SAMPLE | | |
| 16 | 17 | 18 | 19 | ISLAND IMPACT | 21 | 22 |
| 20 | | | | | | |
| DEEP CLEAN S&S BAR | | SAMPLE | | | | |
| 23/30 | 24/31 | TRAINER'S SHAKE | 26 | 27 | 28 | 29 |
| 25 | | | | | | |

OPERATIONS TIP

Ice is a key component to every shake. Making sure that your ice machine is properly maintained affects taste, the speed that ice is made, and density of the ice. Remove filter and rinse thoroughly. Check your calendar — this should be done once a month.



PERFORMANCE
Food Centers

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