



Welcome the New Year with **BODYPUMP** party!

For a lot of people, celebrating New Year's Eve means too much alcohol, a lampshade on the head, and a hangover the next day. But this year, there's a healthier alternative: a BODYPUMP class leading up to midnight with sparkling cider and delicious snacks.

"It's going to be a lot of fun," says instructor Leslie Bull, who has put to-

gether a special New Year's Eve music mix and is planning a buffet featuring delicious, but healthier, snacks.

"It's a way to have a good time and really feel good about the way we celebrate," she said. "People who want to make a commitment to improve their level of fitness and food choices can start the year off on the right foot."

In many parts of the U.S. — and around the world — there's a belief that the way you start the New Year will be an indicator of how the next 12 months will go. If that's true, then those who attend the BODYPUMP party will certainly be headed for a healthy and happy 2008.

Instructor Eddie DeVaughn, who teaches in Baltimore and visited Fitness Styles in August, plans to be there, too, and will offer a BODYATTACK demo class after midnight. His contagious enthusiasm inspired those who attended his classes last summer, and his visit to Maine was a big hit with members.

Space is limited. Reserve your spot at the front desk, and be sure to invite friends and family. Plan to ring in the New Year with fun and fantastic food — not an OUI conviction and a headache!

Looking great in 2008!



If you're thinking about a new 'do' for the New Year, but aren't sure if the latest trend will suit you or your lifestyle, relax! According to Vickie Gordon, Fitness Stylz member and owner of Sassy Scizzors in downtown Wilton, the hottest trend for hair in 2008 is *anything*, as long as it looks good on *you*.

If you're longing for a total makeover, but are afraid to take the plunge, the makeover team at Sassy Scizzors offers a safe solution: a Computer Imaging System. Forget about the archaic computer programs of yester-year that made everyone look like fashion rejects. The advanced system at Sassy Scizzors can take a picture of your face and accurately show how any style, cut or color would look before even a single strand of your hair is altered.

"If you're still in doubt, you can trust our opinion," Vickie said, noting that stylists at Sassy Scizzors believe in continuing education, keeping up every year with the latest techniques by attending the top hair shows.

"Just like fitness is an evolution, so is hair styling. Techniques and products keep getting better, and we're experts at matching our clients with the right styles and products to fit their hair types and their lifestyles," Vickie said. "For example, men or women who are on the go shouldn't opt for high-maintenance styles, but that doesn't mean your style has to be boring. There are many flattering styles that are very simple to maintain." On the other hand, if you want a very complex style and don't mind the time it takes to use multiple products or styling tools, the experts at Sassy Scizzors can create something fabulous to rival even the most intriguing styles on the pages of Vogue magazine, and they are happy to (Continued on Page 3)

Special Holiday Hours

Fitness Stylz will be closed Dec 24th and 25th for Christmas Eve and Christmas, as well as Dec. 31st and January 1st for New Year's Eve and New Year's Day. *Note:* We will be opening at 10:30 p.m. on New Year's Eve for a special New Year's Eve BODYPUMP party hosted by Instructors Leslie Bull and Eddie DeVaughn.

Fitness Stylz is ALWAYS open to Key-Pass Members. For more information on the Key Pass system, ask at the front desk or email Jasmine@FitnessStylz.com.