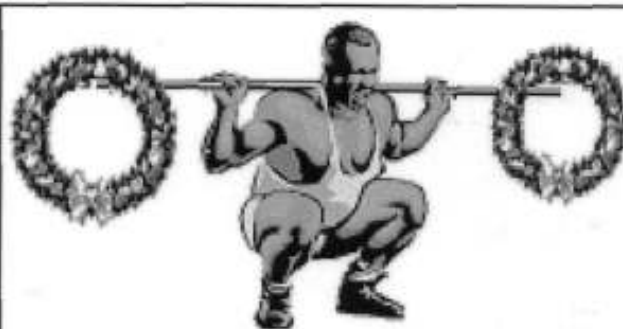


Fitness Stylz FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. 897-5978. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

Tanning Upgrades for the New Year

A new tanning bed will arrive in January, while new improvements will be made to existing Bed "A." Hot, new bulbs will give tanning clients that "Caribbean vacation" glow and help chase away those winter blues known as Seasonal Affective Disorder. Also on the way: a cool, new Cabana Kiosk displaying top brand tanning supplies available for purchase.



December Birthdays

- December 1:** Thomas Hebert, Cindy Young
- December 2:** Ann Menthe
- December 4:** Holly Richards, Cindy Place
- December 5:** Dotty Salisbury
- December 6:** Shawn Mitchell, Gina Dubord
- December 10:** Christie Johnson, Marjorie Merrill
- December 11:** Kenneth Pelletier
- December 15:** Alyssa Black
- December 19:** Sharon Searles, Shawn Barclay, Kathy Drake
- December 20:** Christina Maberry
- December 21:** Kristy Labonte
- December 22:** Nicholas Rehagen, Sandra Bryant
- December 23:** Kayla Gordon, Donald Salm
- December 24:** Mike White
- December 29:** Wendy Castonguay
- December 31:** Kristy Brochu

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Gym Dandy

by Esby



Hey, maybe you can tell me — is Dick Clark's secret BODYPUMP? Anyway, just so you know, I have dibs on the cheese dip.

HUGE selection of gifts!

Country Art ~ Local Maple Syrup
Figurines ~ Gift Certificates

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Gear & Memorabilia



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