

# GYM SHORTS



## Betsy and Dominic Mancine present **BODYATTACK Class**

Twenty-three members enjoyed a BODYATTACK class on Saturday, November 24<sup>th</sup> at 12:30 p.m., presented by former Fitness Stylz Group Fitness Manager Betsy Mancine and her husband, Dominic. The Mancines, who currently live in New Hampshire, were in the area to spend Thanksgiving with friends and family.

"It was a blast," said owner Tom Roy. "Betsy and Dominic played off each other very well, as married couples that teach together often do. The class was really into the excitement of the program, and the energy from Betsy and Dom was contagious.

"Three cheers to Sue Biliouris, who participated in all five, back-to-back Les Mills classes taught on the 24<sup>th</sup>!"

## Bill and Sue save the day!



While participating in the BODYATTACK class, Sue Biliouris noticed the floor had suddenly started to rise! Thinking quickly, Bill (left) held it down until classes were finished.

## Helaina Lake shines in Army boot camp



Fitness Stylz member Helaina Lake recently returned from Army Reserves boot camp and Advanced Individual Training, where her stellar fitness scores won second-place honors out of 160-plus women *and men*. Her Drill Sergeant noted that it is extremely rare for a female to out-score almost every man in an entire company.

Helaina was the only female who could do pull-ups, and she could do more push-ups than most of the males.

"BODYPUMP and BODYSTEP really helped me prepare for boot camp," Helaina said.

She noted that BODYSTEP was great for cardiovascular endurance, and BODYPUMP especially conditioned her muscles for the push-ups and pull-ups.

Helaina will soon be attending Bridgewater State in Massachusetts, where she plans to major in Criminal Justice and minor in Psychology. She hopes eventually to go active duty in the Army's Airborne division.

## Lining up for SilverSneakers Fun

Da Capo Dance instructor Erica McDonald (left) hosted a special line-dancing, SilverSneakers social on Wednesday, November 7<sup>th</sup>. The special class was part of an on-going, "after class" program that offers a variety of fun, social events to members. Other events have included movies and a Luau.

*Learn more about adult and children's dance classes offered at the DaCapo Studio here at Fitness Stylz! Call 897-5978 or email [FitNewz@FitnessStylz.com](mailto:FitNewz@FitnessStylz.com).*

