

Fitness Stylz has exciting new ways to help you keep your New Year's resolutions!

By Tom Roy, Owner

Welcome to another year of friends, fun and fitness! We are already off to a great start with the addition of the SilverSneakers program this month and a huge Les Mills Launch planned for Saturday, February 10th. Mark your calendar, and keep watching the bulletin board for more information!

January Membership Special

From now until, Monday, January 15, you can get a one year membership for just \$396! (Normal rate is \$456.) One year memberships can be purchased through monthly payments via electronic transfer.

January Tanning Special

Help fight Seasonal Affective Disorder by tanning! From now through January 15, get 15 tanning sessions for \$25! (Normal package is 10 sessions for \$25.)

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Tom Roy and Leslie Bull talk toes

Christmas party was fun for members and staff



CHRISTMAS CHEER — The annual Fitness Stylz Christmas Party, held December 9th at the Am-Vets Hall, was a huge success, featuring abundant food, dancing, and a chance for members and staff to celebrate the joy of the season without barbells or sweat bands. "It's fantastic for members and instructors to be able to have fun together outside of class, too," said Tom Roy, owner of Fitness Stylz