

Please help keep Fitness Stylz fit!

We are committed to providing our members with the best programs and workout conditions we possibly can.

Now that winter is here, it is especially important to remember to bring clean, dry exercise shoes to put on before entering the studio or weight and cardio room. Sand, mud and dirty puddles are unpleasant to deal with, but they also create a slippery safety hazard and can damage exercise equipment.

If you participate in BODYPUMP, please don't stand your bar on its end to change your weights. We are noticing chips and dents in the studio floor caused by this practice. If you use the 'assisted' options in squats and lunges, please put your exercise mat under your bar before standing it on its end.

Finally, New Years resolutions in January always bring more people in for classes. Please don't get discouraged if your class looks very full. Remember, we can fit over 60 people in BODYPUMP! We appreciate your patience and cooperation in helping us arrange the room to accommodate everyone. Thank you!

Happy (January) Birthday!



- January 1: **Hartley Tirrell**
January 2: **Barbara Poisson, Kevin Gats**
January 3: **Jake Nichols**
January 4: **Kelly Mercier**
January 5: **Armand J. LeBlanc**
January 8: **Carol Dill**
January 11: **Patricia Robichaud**
January 13: **Zachary Beaulieu, Kristal Lake**
January 14: **Dylan Hebert**
January 16: **Lisa Richard**
January 17: **Stephanie Freeman**
January 18: **Paige Ramey**
January 19: **Ross Miller, Kayla Wilson**
January 21: **Alexandra Bennett, Debra Breton**
January 22: **Matthew Smith**
January 24: **Ann Crafts, Denise Ouellette**
January 28: **Cody Jacques**
January 29: **Sarah Pellitier, Russell Cotnoir**

**Fitness
Stylz**
COMMUNITY FITNESS CENTER

FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. 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: LeslieLBull@yahoo.com

KEIRAN CHIROPRACTIC, P.A.

Chiropractic can improve your
overall well-being and performance.

Release your potential.

1 Depot Street ~ Livermore Falls ~ 897-2332

Gym Dandy

by Esby



My resolution for 2007 was to lose 50 pounds... So I closed my eyes and dropped my barbell off the bridge into the Androscoggin.