



## Members PUMP into 2008!

Forty-one members, guests and instructors traded bars for barbells to welcome in 2008 in a fun and sober way at the first-ever Fitness Stylz New Year's Eve PUMP party. The party, arranged by **Steve and Leslie Bull**, featured a 30-minute BOD-YATTACK demo class presented by Eddie DeVaughn of Baltimore, a one-hour special edition PUMP class presented by Leslie Bull, and a huge food buffet prepared by her husband.

"I am absolutely thrilled that so many people came out to participate," Leslie said. "It really was a blast, and everyone who attended said they had a great time. One member even told me it was the most fun she's ever had on New Year's Eve. That's an awesome compliment!"

Leslie thanks the following people for their contributions to

the celebration: **Steve Bull**, for coming up with the idea for New Year's PUMP and for arranging a phenomenal food buffet. **Rebecca Shrewsbury** for assisting in the food preparation. **Eddie DeVaughn**, for flying up from Baltimore to teach BODYATTACK on New Year's Eve. **Grace Denison**, for providing the party favors, decorations and a veggie platter. **Julie Castonguay**, **Denise Hodge**, and **Betty Wilson** for contributing to the food buffet. **Betty**, **Kayla** and **Mike Wilson** and their friend, **Samantha Stasulis**, for help with putting up decorations and snow removal. **Tom Roy**, for providing tons of door prizes, including tote bags, T-shirts and tanning packages.

And, of course, everyone who came out to enjoy the party.

"It would have been a rather dull night without our members!"

## "Biggest Loser" Will Win Big \$!

Member Sue Biliouris has designed a 'Biggest Loser' contest for Fitness Stylz. The contest begins on Monday, January 14th, and will run through Monday, March 10th. Participants will put \$5 each in a 'kitty', and whoever loses the greatest percentage of body fat wins the entire kitty. If there is a tie, the money will be split evenly between the winners.

Tom Roy or Jasmine Castonguay will weigh you in, and all weights will remain confidential. You can join the contest at any time after January 14th, and you can weigh out any time before March 10th.

"I love it that members are coming up with such great motivational ideas. Even if you don't win the money, you're bound to lose weight," Roy said. "Thank you, Sue, for arranging this contest!"