

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



January Birthdays

January 1st - Laura Howell, Tirrell Hartley

January 2nd - Barbara Poisson, Kevin Gats

January 4th - Kelly Mercier

January 5th - Armand LeBlanc, Bernice Cote, Kristen Newell

January 7th - Amy Gabrielski

January 8th - Carol Gill

January 11th - Patricia Robichaud, Sharon Rainey

January 17th - Stephanie Freeman

January 18th - Ellen Randall

January 19th - Kayla Wilson

January 20th - Ashley Souther, Emily Haley

January 24th - Linda O'Brien, Denise Ouellette, Ann Crafts

January 25th - Chris Redman

January 26th - Lana Driscoll

January 28th - Cody Jacques

January 29th - Matt Lord

Accomplishment of the year 2007!

Congratulations to Stephanie Freeman, who lost a total of 120 pounds!

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BRETTUN'S VARIETY

Gym Dandy

by Esby



I've either got to remember my sneakers, or find another way to get to the gym!