

Good Health Awaits in 2008 at the “End of the Rainbow”

Fitness Stylz member Shirley Bourgault is in a unique position to offer support to other members. Along with Sandra Weber, LMT, Bourgault owns *End of the Rainbow*, a natural herb and supplement shop on Main Street in downtown Farmington.

Bourgault, who is a regular participant in Steph Whalen's 5:30 a.m. classes, became interested in supplements years ago when she was introduced to Shaklee products. Her Shaklee experience sparked a deep interest in healthier living choices.

Today she owns an entire store filled with healthy supplements and herbs, and she knows how to use them. Taken properly, many natural supplements can help fight obesity, high blood pressure, high cholesterol, stress, joint pain and more. Members who are battling any of these health issues might want to stop by *End of the Rainbow* to learn more about natural remedies.

Bourgault encourages members to try samples of her products and has left a few weight-loss supplements with Tom Roy and Jasmine Castonguay. If you would like to try some of these samples, ask at the front desk.

Be sure to check out Bourgault's new website at www.endoftherainbowalternatives.com.

New Year Sale !

Now through January 19, get a one-year membership for just \$29 per month!

Huge savings also available for couples and families.

Superbowl Launch set for Saturday, Feb. 2nd

Mark your calendars for our next Les Mills Launch! The theme will be “Superbowl” in honor of the big game on Sunday, and members will be encouraged to wear their favorite team gear.

Members who attend will enjoy the latest releases of their favorite Les Mills programs. Launches are also the perfect opportunity for everyone to bring a guest and share the fitness fun with friends and family.

A sign-up sheet to reserve your spot will be available soon at the front desk.

GYM SHORTS

Tom Roy will teach *SilverSneakers*

Fitness Stylz owner Tom Roy will teach *SilverSneakers* classes on Monday mornings (10:00 am) effective immediately.

The class is designed for older participants or anyone who wants to improve their muscular strength and range of movement. There's always room if you'd like to give it a try!



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