

Gym Shorts

Winter weather cancellations: We don't like to cancel classes, but if road conditions are dangerous due to snowy or icy conditions, your safety comes first! If it's snowing, sleeting, or there is a winter storm warning in effect, please call ahead (897-5978) or check out the Fitness Stylz website (www.FitnessStylz.com) to make sure your class has not been canceled. The decision whether or not to cancel class is usually made one hour prior to class time.

Housekeeping: Your footwear must be clean and dry when you enter the class studio or weight and cardio room. Wet, dirty shoes create a safety hazard and can damage cardio equipment. Please make sure to bring a separate pair of workout shoes every time you come

in to work out. Your cooperation is appreciated!

Biggest Loser: Approximately 42 members are currently participating in Sue Biliouris' "Biggest Loser" initiative, with a chance to win \$210! Whether or not you are one of the 42 going for the green, be sure to check out Sue's "Biggest Loser" display table in the lobby. You'll find plenty of great information about how to trim the fat out of your diet and off of your body. Currently, there is an interesting display of test tubes containing the exact amount of fat found in some of our favorite foods, from snack chips to cheeseburgers.

If you are having success in The Big-

gest Loser contest, or on your own, please share your weight-loss tips on our website's message board: www.FitnessStylz.com

If you're new to the message board, we encourage you to stop by and create your own account. The message board is a fun place to discuss a variety of topics, ask questions, and keep up with Fitness Stylz happenings!



KEIRAN CHIROPRACTIC, P.A.

Chiropractic can improve your overall well-being and performance.

Release your potential.

1 Depot Street ~ Livermore Falls ~ 897-2332

END OF THE RAINBOW
The BEST Herbs & Supplements

Ask at the front desk for free product samples!

We can help you with your health & fitness goals for 2008!

INCREASED ENERGY
FAT LOSS
STRESS RELIEF

160 Main Street • Farmington • 778-2884
www.endoftherainbowalternatives.com

Educational Solutions
Get the answers you need to help your child succeed!

- Tutoring K-12 - All Subjects
- College Search / Counseling
- SAT Prep / College Applications

Certified Teacher, K - Post Grad

Diploma

Free & Confidential Consultation | 897-3514

email: claire2006@roadrunner.com

Sassy Scissors Inc.
"for all your body needs"

370 Main Street, Wilton • 645-5001

Vickie •Cuts •Waxings •Colors •Perms •Facials	Randy •Piercings from head to toe
Laurie •Updos •Cuts •Colors •Perms •Highlights	Judi •Manicures •Full Sets •Fills •Pinks & Whites •Pedicures

A "New You" for the New Year

Full Service Hair, Skin, Nails and Body Piercing Salon

RESOLVE TO EAT WELL IN 2008!

Enjoy Heart Healthy Salads and our famous, 100% lean House Steaks

Our 40th Anniversary Celebration Continues with 10% off the ENTIRE MENU for all take-out orders!

CHUCK WAGON

Livermore Falls 897-4031
www.chuckwagon-restaurant.com