

Jasmine named Les Mills GFM of the year!

Group Fitness Manager Jasmine Castonguay of Fitness Stylz Community Fitness Center in Livermore Falls, Maine, has won the title of "2008 GFM of the Year."

The event was held at the Les Mills Northeast Quarterly Event, on Saturday, March 1st. The presentation was made at the world's largest Gold's Gym, in Poughkeepsie, NY.

Jasmine beat out candidates nominated from the one hundred fitness centers all over New England and New York that offer Les Mills programs such as BODYPUMP, BODYSTEP, BODYFLOW and BODY-COMBAT.



Susan Laney presents Jasmine Castonguay with her award.

WE DID IT!

Over 400 T-shirts collected in diaper project!

On behalf of all the infants who will benefit from your generosity, I say "THANK YOU" for being a part of this wonderful project. The target was to collect 400 T-shirts in 30 days, and we've reached that goal and beyond—650!!! Thank you,

Tom, for allowing this (great) gym to be a support in this endeavor, and also to you, Leslie, for the Newsletter article last month which supported this cause. To all the instructors, your friendly reminders and encouraging words

before classes, made a difference. As I write this, 380 diapers are on their way to Nicaragua, and more will be going to Haiti in the near future. Thanks also go to Melinda Loon for helping with the cutting and sewing of many of the shirts. It is just amazing to me that our "rags" can become "riches" to those in need. Bless you all. — Denise Ouellette