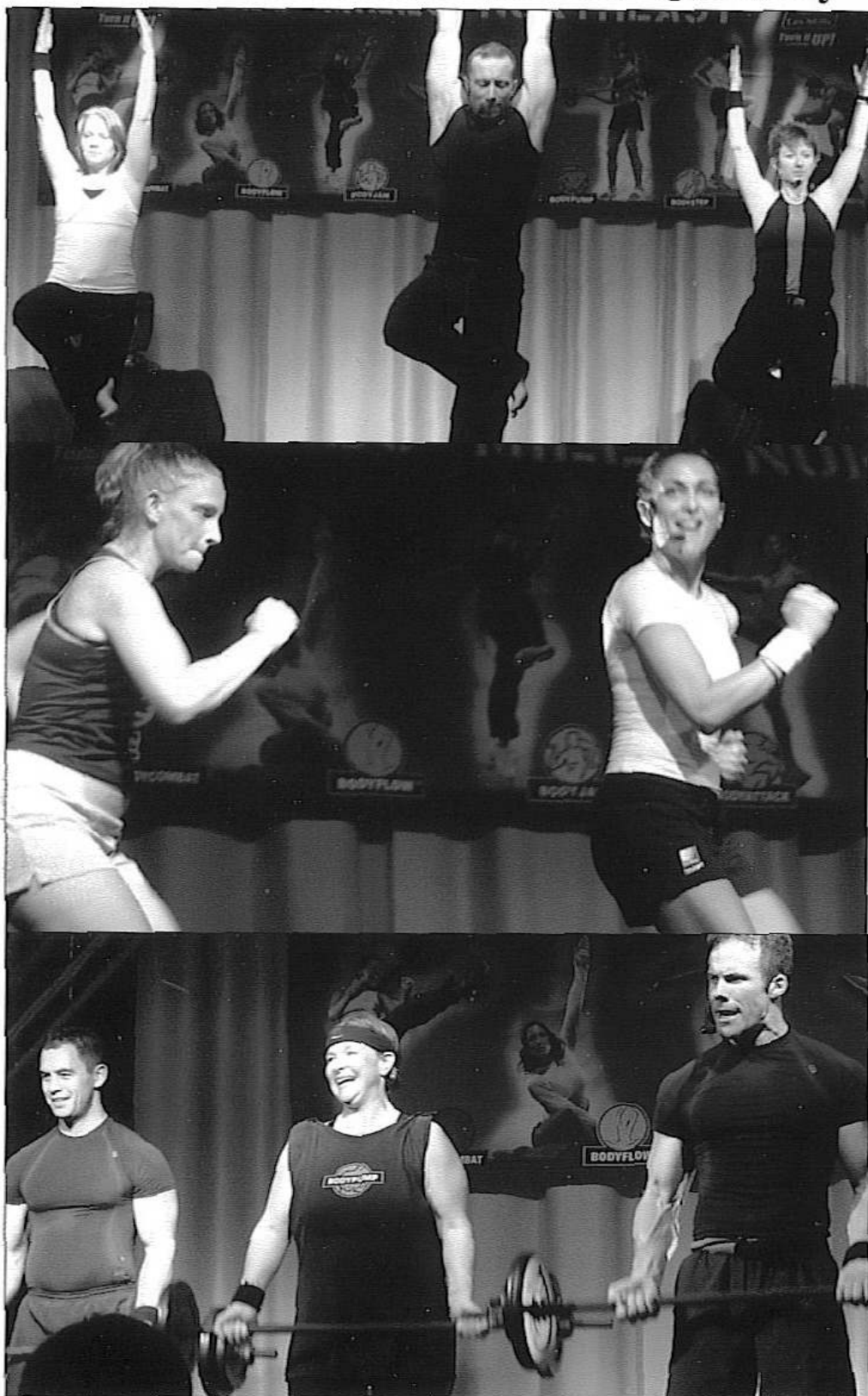


Instructors honored at Les Mills Quarterly



INSTRUCTORS RECOGNIZED — Fitness Stylz instructors Jasmine Castonguay (Top Left), Joyce Goding (Middle Left), and Leslie Bull (Bottom Center) were invited to share the stage with Les Mills Master Trainers at an Instructor Seminar in Poughkeepsie, NY. Bull was also honored for winning an international Les Mills BODYPUMP "Success Story" contest.

Helaina Lake joins Reserves

Here's the story in her own words...

I decided to join the Army Reserves last July. I am the type of person that thrives on structure, discipline, and physical activity, and the military lives by all three qualities. I spoke to many of my friends, relatives, and veterans to see what their views were... I met with recruiters from every branch... then followed my gut feeling to go Army. I receive a sign-up bonus and the Army will help pay for my college tuition.

My M.O.S. (job) is fire-fighting. I leave for Basic Training June 26, 2007 but won't start training until July 6, 2007. Basic lasts for nine weeks at Fort Leonard Wood,



Helaina Lake

MO. Upon completion of Basic, I'll go to Goodfellow Air Force Base in Texas for 14 weeks of Advanced Individual Training for fire fighting. After my training is completed, I plan on attending Norwich University in Vermont, taking part in the Cadet Corps and ROTC program while majoring in Criminal Justice. I will still have to Drill one weekend a month with my unit in Somersworth, New Hampshire. I enlisted for 6 years.

Fitness Stylz has strengthened me in so many ways. I have never been in better shape. It has a great atmosphere for all ages. Fitness Stylz has something for everyone. You can work out with a group in the classes, or create your own workout in the weight room. Coming here has kept me in shape in-between sports and gives me an edge on my competition. The instructors are fabulous! I know that if I need help or have any questions I can go to any of them. I feel much more confident going into Basic Training because I have been working out at Fitness Stylz and will continue to do so until I report to the Reserves.