

TESTIMONIAL

by Dee McLean

NAME: Dionne "Dee" McLean

AGE: 52

RESIDENCE: Dixfield

"At age 44, I was living a very stressful life. I was a successful owner of a restaurant in Naples and a nightclub in Lewiston. It looked like a wonderful life, but my health was suffering. I can't remember laughing or even smiling during that time. The toll was five heart attacks with twelve cardiac procedures and countless medications. I felt old and used up.

"Then, last August, I came to Fitness Stylz, and my life changed! I take BODYPUMP, BODYFLOW and a new program called SilverSneakers. My life is a wonderful adventure now! Not only have I been able to decrease the number of medications I take, but the doses of what I still take have been decreased, my blood pressure is perfect, and no more cholesterol problem.

"Best of all, I laugh a lot and have met wonderful people!



"Tom has created a wonderful environment for you to come and not only get into shape, but to expand and explore all dimensions of your life. I am healthier than I ever thought I could be again, but I am also very happy, and I love to smile. Thank you, Tom, for creating such an incredible place for growth!"

Da Capo Dance School now open

Fitness Stylz member Erica McDonald has opened a dance school in a brand new studio downstairs! She teaches tap and jazz to elementary school-aged kids, and we invited her to tell us about it:

"I took dance lessons from kindergarten through 12th grade from Heidi Birmingham. When I got into high school, I began giving lessons to her elementary school-aged students. I really enjoyed taking my own lessons as well as working with younger students.

"Recently, I began looking for an opportunity for my own daughter, Celia, to take dance lessons and found our options were limited. After talking about this with Celia's 1st grade teacher, who encouraged me to take the initiative and teach again, I decided to approach Tom here at Fitness Stylz. He is providing Da Capo (Italian for "from the beginning") Dance Studio with a great location for dance lessons.

"I am teaching tap and jazz for elementary children for an 8 week session on Tuesdays. The lessons coincide with Tom's afternoon Les Mills classes, so parents have the option of getting in a workout while their kids are at dance. I am hoping to teach other eight-week sessions in the summer and the fall, plus a traditional September to May program for grades K-12.

"Students at Da Capo will be learning the basics of tap and jazz, ending with an informal performance for parents in which they will demonstrate their dance skills. Dance is such a great outlet for creative energy, so they will also have an opportunity to come up with their own steps and movements that we will put to music. This inspires kids to become their own choreographers. Original student choreography will be included in each dance routine.

"For more information, please call me at 897-4719 or at Fitness Stylz!"

~FREE Weight Loss Support Group~

Thursday Nights at 7 pm. There is NO COST for this support group. The group is run by the participants and weigh-in is optional. You do not need to be a member of Fitness Stylz to participate. ALL are welcome to join us! Choose the plan that works for you and realize the power of not doing it alone.

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