

Gym Shorts

LUCK 'O THE IRISH



SilverSneakers participants celebrated St. Paddy's Day in grand style at Fitness Stylz! Members arrived for class all decked out in festive, green workout gear. Although nobody reported finding any leprechauns or pots of gold hiding in the studio, a Jolly Green Giant's worth of fun was had by all.

Join with a Friend and Save!



Members have been asking...management has been listening. For a limited time, friends will be able to join at a special "couples" rate. Details will be posted soon in the lobby, including information on how current members can lower their monthly rates by convincing a friend to join for the year.

Biggest Winner!

Congratulations to Sue Biliouris, who won the member-initiated, Biggest Loser contest! By losing 27 pounds and 14.92% body-fat, Sue won \$215! 43 members participated, chipping in five dollars each to the winner's purse. Most members in the competition reported losing pounds, inches and body-fat, which makes them all winners in the fitness, if not the financial, department.

March Birthday Fun

Honey Pomerleau and Tom Roy both enjoyed birthday treats from members of the Fitness Stylz "family."

Honey was surprised with gifts and a cake, while Tom received a special visit from the Birthday Mon-



key. Honey is on the far right, above. In the picture to the left, Tom is the one on the right. At least, we think so.



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

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

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

Ask at the front desk for free product samples!

