



Tom Roy talks to LF Chamber

Fitness Stylz owner Tom Roy was the *Member in the Spotlight* at the Jay/Livermore/Livermore Falls Chamber of Commerce breakfast meeting April 6. He told 50 Chamber members the story of Fitness Stylz, from its birth as a tiny club at 78 Main Street in 2000 to its rapid 'Les Mills' growth in 2004, which necessitated a move to the current location at 17 Depot Street.

Roy described the Les Mills programs, aided by a Les Mills DVD and a display of the recent bulletin board from the Fitness Stylz lobby, depicting the giant Open House Launch on February 10. He explained the benefits of each program and invited Chamber members to come try out the programs for themselves.

Roy concluded by stressing the large number of success stories from Fitness Stylz due to the Les Mills programs, and made a special note of Leslie Bull's recent winning of the international BODYPUMP Success Stories Contest. (Bull was at the Chamber meeting representing the Livermore Falls Advertiser, where she is employed as Advertising Sales Manager.)

ROY ADDRESSES CHAMBER—Fitness Stylz owner Tom Roy addressed the Jay/Livermore/Livermore Falls Chamber of Commerce on April 6 at LaFleur's restaurant in Jay.

Local Girl Scouts make fitness DVD at Fitness Stylz

Livermore Falls — Girl Scout Junior Troop #217 is making a fitness DVD to help the girls earn their Fun & Fit Try-It badge. They consulted and met with Operations Manager and personal trainer Jasmine Castonguay on Sunday, April 29, at Fitness Stylz Community Fitness Center to learn how to put together a safe, well-rounded fitness class.

Castonguay taught the girls a special class in the Fitness Stylz studio to demonstrate proper exercise form and technique. She then helped them put together the guidelines for a 30-minute class format, which will include a 5-minute warm-up, a 20-minute workout, and a 5-minute cool-down for stretching and relaxation.

The girls will have two weeks to choreograph their class and choose appropriate music. They will then tape their class in the Fitness Stylz studio to transfer later to a DVD format. They will use the DVD for their own fitness purposes, and



GIRL SCOUT JUNIOR TROOP #217 — Attending were Shauna, Katie, Vanese, Megan, Miranda, Tara and Althea. Absent were Christina, Becky, Barbara, Mahaila and Michaela. The leader of Troop #217 is Tammy and the co-leader is Tricia.

hopefully their family members will benefit as well.

Although Girl Scout regulations prohibit the girls from selling their DVD as a fundraiser, the girls will be allowed to teach their class in the Fitness Stylz stu-

dio at a special, free Open House to be announced later. This class will be open to the public, allowing the girls to share their efforts with the local community.

Troop leader Tammy Gordon said, "The girls are so thrilled to be able to teach in a real studio! We were so happy that Jasmine was willing to spend this time with us, and the girls learned a lot about fitness and nutrition."

"I think it is fantastic that the Girl Scouts approached us about this," said Fitness Stylz owner, Tom Roy. "Right now, there is a real crisis involving the health of our nation's children. Obesity and Type 2 diabetes are gaining on our kids at an alarming rate, due to lack of exercise and poor food choices.

"It's refreshing to see a group of kids excited enough about exercise to actually spend a couple of weeks making their own DVD. It will be a lot of fun to watch them teach the class in our studio!"