

# Five members plan to jump out of a perfectly good plane -- on purpose!



Five Fitness Stylz members are taking advantage of Jasmine Castonguay's invitation to join her for a skydiving experience May 5th at Skydive New England in Lebanon, Maine.

**Herb Robertson** says he's "old enough to know better," but has the advantage of being the only one in the group who has any skydiving experience. The retired pipe fitter from Livermore Falls did it once before, last year.

His favorite activities at Fitness Stylz are "being social," and he likes to participate in the various programs because he likes the variety and loves the people.

Herb says he likes doing things he's never done before, which inspired last year's sky-diving exploit. He's also enjoyed, "Motorcycles, speedboats... you know, stupid stuff!" and says he someday might want to try "hang gliding off a mountain."

**Heather Roux** is a student at Livermore Falls High School and has been working out at Fitness Stylz for a little over a year. She says she likes all the programs, but BODYPUMP is her first love.



The 18-year-old says she's not afraid of heights or afraid of falling... but she's still likely to be scared. "Having Helaina there will be a big help," she says. "It'll be a good rush!"

Heather's past experiences include the thrill of cliff diving at Smalls Falls and Coo's Canyon... jumping into the water from railroad trestles... whitewater rafting at Adventure Bound at The Forks... and riding in a speeding car. Heather says she'd like to be a race car driver someday, and try bungee jumping.



**Kevin Henault** is a 41-year-old electrician from North Jay who has been coming to Fitness Stylz for more than three years. He spends most of his time here in the Weight Room.

Kevin says he's doesn't really know exactly why he decided to try skydiving, but thinks it will be exciting. In the past, he's enjoyed downhill skiing and playing hockey. Someday, he'd like to earn his pilot's license.

**Helaina Lake** describes herself as "an adrenaline junkie." The 18-year-old is a high school student in Livermore Falls, and will be reporting for duty in the Army in late July, specializing in firefighting.

Past adrenaline-generating activities have included repelling out of a window using a fire hose and being in a burning

building (part of the Foster Tech firefighter program.) "Sky diving sounds so exciting, and having the chance to do it with friends will be a blast! I have no idea what it will be like, and don't even have a clue... but it's going to be a rush. I'm so excited!"

What does the future hold after skydiving? Helaina says she'd like to try bungee jumping.

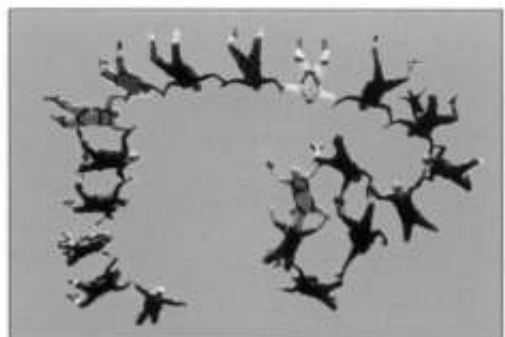


**Jasmine Castonguay**, 32, of Livermore is the Operations Manager at Fitness Stylz, and the skydiving trip was her idea. She's been in planes "since I was a little baby," thanks to her father being a pilot, but has never jumped out of one.



Jasmine, whose favorite program at Fitness Stylz is BODYFLOW, says she's looking forward to the experience. "I think it's going to be exhilarating, just to free fall... it'll be so thrilling!"

Her past thrills have included jumping off a 30-foot cliff into the water. Someday, she says, she'd love to fly a helicopter.



**PUMP LOGO** — Fitness Stylz members will attempt to form the Les Mills BODYPUMP logo in mid-air. Or, maybe not.