

SNEAK PEEKS!

The SilverSneakers team here at Fitness Stylz takes the program motto "Get Fit, Have Fun, Make Friends" to a whole new level, and we've got the pictures to prove it! From St. Paddy's Day to Easter to fellow member birthday surprises, these folks really know how to have a good time!



Clockwise from top left: Amy Ouellette Newman and Elaine Henry get ready to face off in the Spoon & Egg race at the SilverSneakers Easter party; Louis Chabot gets not just one, but TWO cakes in honor of his 70th birthday; Ruth Simcock, Anita Marchetti & Anne Drummond celebrate St. Paddy's Day with festive, green headgear; Tom Roy is the Leprechaun King; Linda Ouellette collects a prize from instructor Jasmine Castonguay at the Easter party; Easter Egg Hand-off requires fierce competition with a fragile touch; Linda Ouellette is just a bunny-whisker behind Betsy Fournier in the Spoon & Egg race; Tom forces members to dress like rabbits and sweep the floor (Just kidding!) Actually, Donna Daigle and Karen Daniels show Cliff Daniels and Don Newcomb how it's done in the Broom & Egg race; A floral arrangement donated by Anonymous member is raffled off as a free Easter prize.



Direct right: Karen Daniels in Duck race.



Keep listening for details for the next special SilverSneakers event, and feel free to share your own party ideas with Jasmine or Tom!



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Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact us with your news: FitNewz@FitnessStylz.com or 897-5978.

Stay in touch with other members and your favorite instructors on our message board at www.FitnessStylz.com