

Fitness Stylz **FIT NEWZ**
COMMUNITY FITNESS CENTER

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 Leslie with your news: FitNewz@FitnessStylz.com

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NEW ADDITION TO THE FITNESS STYLZ FAMILY.



Former Fitness Stylz GFM and instructor Betsy Mancine recently gave birth to a daughter, Emma Mae. Emma weighed 7 pounds, 3 ounces, and was 20-inches long at birth.

This time, it's personal.

If you are new to fitness or have been out of the game for a while, and you have very specific goals you want to achieve but aren't quite sure how to reach them, then personal training might be for you. A Fitness Stylz personal trainer will help you develop a fitness and food plan that best suits your needs, preferences and lifestyle.



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Gym Dandy

by Esby



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