

Gym Shorts

Swing on by May 23rd

Friday, May 23rd is History Night in downtown Livermore Falls, and we're really going to get into the 'swing' of things here at Fitness Stylz! A special edition SilverSneakers class featuring music from the 1940's and 1950's will be held at 6:30 pm. The class is free and open to the public. Participants are encouraged to dress in swing attire... Zoot Suits and swing dresses are optional! Jasmine is hoping to find a couple willing to get up on the stage to demonstrate a swing dance. To volunteer, please talk to Jasmine!



Congratulations, Greg!

Fitness Stylz member Greg Legere told us that since he first became a member in March of 2006, he has lost 75 pounds and has cut his medications for cholesterol and high blood pressure right in half! He has also lowered the dosage for his diabetes medication. Way to go, Greg! Greg shared with us that his goal is to lose a total of 170 pounds and to be medication-free.



Happy Birthday, Louie!

Louis Chabot celebrated his 16th (?) birthday on April 22 with Fitness Stylz friends.



Before and After

Kay Watson returned from a trip to Jamaica with braids, but recently had her locks trimmed for the summer. Some people lose inches from their waists; Kaye lost about 24 inches from her head!



"Workout to Win" winners

SilverSneakers participants earned a raffle ticket every time they came to a class in April. The more tickets, the better the chances of winning a prize!

Pictured above are winners of the Workout to Win contest: (from left) Peter McCluskey, Donna Daigle, Don Newcomb, Instructor Jasmine Castonguay, Diane Richard, Cliff Daniels, and Rita Crowley. Not present for the photo were Linda O'Brien and Ruth Simcock.

Prizes were SilverSneakers cooler bags, and SilverSneakers duffle bags.

Guest instructor adds new twist to YogaStretch



SilverSneakers instructor/trainer Andii Kwapien was a guest instructor for YogaStretch on April 25th. Participants enjoyed Andii's enthusiasm and energetic approach to yoga and Tai Chi.

No summer vacation!

Although you may be more active outdoors during the summer, your best complete workout is right here at Fitness Stylz! Maintain your progress and take it a step further by keeping the good habits you've been developing.

Don't become a victim of temptation by substituting mowing the lawn for a class or two, or a workout in the weight room. Be sure to keep a class schedule handy so you can choose classes which best fit your summer schedule. Summer's a great time to try a different program, and there's no better place to spend a rainy—or sunny—day!



Chiropractic can improve your overall well-being and performance.

Release your potential.

1 Depot Street ~ Livermore Falls ~ 897-2332