

Girl Scouts to Present Free Fitness Class at Open House

Junior Girl Scout Troop #217 will teach a special fitness class at 2pm on Sunday, June 10th. The class is open to all members of Fitness Stylz and the community at large. The girls will also serve special refreshments, including fruit smoothies and homemade granola.

With the help of Fitness Stylz Operations Manager Jasmine Castonguay, the girls successfully completed the development and taping of a fitness class, which will be transferred to DVD. The DVD was the last step to receiving their Fun & Fit Try-It badge, and the open house on June 10th will give the girls an opportunity to perform their class live for the benefit of the community.

The girls and Castonguay developed exercise routines set to a music mix provided by Disco Bull DJ Service. The class is 30 minutes long, and will feature music selections such as Holloback Girl, The Chicken Dance, YMCA, Cotton-Eyed Joe and the Macarena.

Castonguay said she is very proud of the girls.

"They worked so hard, and I like to see kids get excited about fitness! Kids are facing a lot of challenges today regarding health and weight issues, so the

sooner they can find something they enjoy doing, the better their chances are for a healthier, happier future," Castonguay said.

Castonguay, who is also a personal trainer and fitness instructor, talked to the girls about healthy choices, especially regarding exercise. She was very encouraged by what they had to say:

"I love to exercise, so making this tape has been tons of fun," said Shauna Gordon.

Miranda Mack agreed, saying, "This awesome experience has been the best!"

Megan Norris is hopeful that plenty of people will come to their open house, and noted, "I think this is a great opportunity. It's a lot of fun! I've been enjoying myself immensely. The music is great and everyone has great spirits!"

We encourage everyone to come out, have fun, and show their support for the efforts of our local Girl Scouts. If you are interested in attending, please sign up at the front desk or email Jasmine at Jasmine@FitnessStylz.com.

You do not have to sign up to attend, but the girls would like to have an idea for how many people they will need to prepare refreshments.

Kelsey Biliouris shines at U-Maine

(LIVERMORE FALLS) --University of Maine freshman Kelsey Biliouris, daughter of Fitness Stylz members Bill and Sue Biliouris, has been named a *Maine Scholar-Athlete Rising Star*. This honor is given only to first-year student athletes who make the Dean's List.



Kelsey Biliouris

Biliouris distinguished herself in Division I level Women's Track and Field, competing in the 100, 200 and 400 meters. She competed at the Penn Relays, where her 4x200 relay team set a new U-Maine record. Her 4x400 relay team placed fifth at the America East Championship, and eighth at the New England Championship.

In addition to her athletic prowess on the track, Biliouris is an academic standout. She made the Dean's List, which at U-Maine requires a minimum grade point average of 3.33. She is majoring in Kinesiology (the scientific study of human movement) and Physical Education.

Biliouris is a 2006 graduate of Livermore Falls High School, where she served as captain of her track and field hockey teams. She won the Mountain Valley Conference Championship in the 100 and 200 meters in both 2004 and 2006, and as a senior she won the Class C State Championship in the same events. Also in 2006, her 4x400 relay team won the conference and state championship.

When she's home from school, Kelsey helps to stay in shape by taking classes at Fitness Stylz.



Livermore Falls Girl Scouts will present a special free fitness class to the public at Fitness Stylz on Sunday, June 10, at 2:00 p.m.