

Gym Shorts

Jasmine Castonguay successfully completed her BODYCOMBAT training over the weekend of May 18 at the Women's Fitness Center and Spa in Brunswick, Maine. She received an "A" for outstanding performance, and is already teaching COMBAT classes as a substitute here at Fitness Stylz. Jasmine said, "It was an intense, three-day training focusing on proper boxing and various martial arts combat techniques. This was my favorite training of the three Les Mills programs I teach, probably because I was a lot more relaxed this time around."



Mark your calendars for the "Red, White & Blue" Summer Launch, which will take place on Saturday, July 14. Members and their guests are encouraged to come dressed in patriotic colors and check out the latest releases of BODYPUMP, BODYSTEP, BODYFLOW and BODYCOMBAT. As always, there will be plenty of food, prizes and fun! Stay tuned for more details in the July edition of Fit Newz.



Don't miss the SilverSneakers Silver Screen Matinee debut on Wednesday, June 20, at 10:45 am, immediately following the Muscular Strength and Range of Movement class here at Fitness Stylz! The featured film will be 1939's *The Women... It's All About the Men!*, starring Norma Shearer, Joan Crawford and Rosalind Russell. Light snacks will be provided, and there is a sign-up sheet on the bulletin board to help us know how many to plan for. The Silver Screen Matinee will be a regular event for the enjoyment of SilverSneakers participants. Please let us know if there is a specific movie you would like to see!



Instructor Leslie Bull celebrated her 42nd birthday on Thursday, May 31, right here at Fitness Stylz! Staff and members

treated her to a cake, card and assorted goodies immediately after her regularly scheduled 5:30 pm BODYPUMP class. When the flaming cake was brought into the studio, Leslie said to class members, "I sure hope you are all wearing asbestos workout clothes!" Later in the evening,



Leslie takes the cake!

Leslie confided, "I feel so honored by the incredible support I have here from everyone. This is my third birthday at Fitness Stylz, and the third year in a row that I've managed to maintain my fat-loss success! The blessings of these programs are here for all of us, truly a gift that keeps on giving. I do admit to feeling a bit sheepish about eating cake right before the Weight Loss Support Group, but I only took a sliver..."



Speaking of the Weight Loss Support Group, it's still going strong and helping people achieve their goals. Everyone is welcome to attend, and there's no charge. It meets every Thursday evening (downstairs) at 7 p.m.

On Sunday, August 5th, from 1 to 3 pm, there will be a Baby Shower for Fitness Stylz instructors Andrea Richards and Joyce Goding. It will be held right here at the fitness center, and is open to any member who would like to attend. Light refreshments will be provided. Andrea and Joyce are both having boys! Come join the party and help celebrate these upcoming blessed events!



Why would five seemingly normal people jump out of a perfectly good airplane? Just for the fun of it!

Jasmine Castonguay organized a sky-diving trip last month, and was joined by four members: Kevin Haurault, Helaina Lake, Heather Roux, and Herb Robertson.

After they flew through the sky with the grace of eagles, (as opposed to chunks of granite) the rest of us breathed a sigh of relief!



Heather and Helaina model sky-diving gear on solid ground.

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