



FEBRUARY LAUNCH — Tom Roy, Alice Preble, Andrea Richards, and Leeanna Lavoie demonstrate BODYCOMBAT at the winter launch.

July 14 launch will be a blast!

Since the introduction of BODYPUMP in November of 2003, Fitness Stylz' Open Houses, or Launches, have become highly anticipated events for members and their families and friends. Launches provide participants with the perfect opportunity to enjoy brand new moves and music in a party-like atmosphere that sizzles with energy! On Saturday, July 14th, Fitness Stylz will present a free summer Launch, inviting everyone to come and experience first-hand what the buzz is about.

Schedule of Events

Reserve your spot now! Call 897-5978, or ask at the front desk.

BODYPUMP: 7:30 am

Instructor Team: Alice, Leeanna, Leslie, Jim & Steph

Release 62 Highlights include brand new moves and a huge diversity in music, with a special focus on how to get more out of your workout.

BODYSTEP: 8:45 am

Instructor Team: Andrea, Jasmine, Joyce, Julia & Steph

Release 68 Expect a tougher leg and glute-focused workout, with three levels of intensity to suit everyone from the novice to the super-fit.

BODYCOMBAT: 9:50 am

Instructor Team: Alice, Jim, Ken, Leeanna, & Tom

Release 32 Class members will be coached in the different levels of intensity and how to achieve maximum benefit from interval training.

BODYFLOW: 11:00 am

Instructor Team: Andrea, Jasmine, Leslie & Tom

Release 37 New moves and a stronger contrast in music create a challenging, athletic, yet deeply calming and restorative experience.

The Launch theme is *Red, White & Blue*, and members are encouraged to wear patriotic colors. Free refreshments, door prizes and more!

Membership Special, July 14 ONLY: 1-Year Membership is \$349 (Save \$107!) Can be used to extend existing memberships!

Jeff Lavin gets great results in knee rehab with BODYFLOW

I'm Jeff Lavin. For the past few years, I've been out chasing, living and loving the professional snowboarding dream. With any sport, there's a chance of getting injured. Dec 16th, 2006, I blew my knee out at Breckenridge, Colorado. After the bad news, I made the trip home to have surgery and be near family and friends for support.

My Surgery was on January 18th of this year. When you go through a procedure such as ACL (anterior cruciate ligament) reconstructive surgery, it



JEFF LAVIN in the bird pose.

takes roughly 6 months to fully recover strength, agility and to even think about returning to an active lifestyle. Once you blow/rupture a ligament, there's no repairing it. With ACLs, you have basically three options as far as grafts go. You can get a Patella Tendon graft of the front of your knee, a hamstring graft, or a cadaver graft of either of the two previous methods mentioned. There's a weak stage at 8-12 weeks out where you can re-injure yourself and be back at square one.

After I made it past the first two weeks, I came to Fitness Stylz to use the bike and gym for rehab. I also

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