



## ARE YOU READY TO BECOME AN INSTRUCTOR?

Most Fitness Stylz instructors have at least one thing in common: they started out as regular members.

If you have ever thought it might be fun to be an instructor for BODYPUMP, BODYSTEP, BODYFLOW, BODYCOMBAT or SilverSneakers, please talk to Tom or Jasmine. They can answer any questions you have about the training process and, if you decide to move forward, enroll you in a training seminar for the program of your choice.

Tom is pleased to announce that member Frances Ricker will be our next instructor-in-training for BODYFLOW. Frances will be attending a BODFLOW training seminar in Boston at the beginning of August, and it won't be long before she is up on stage bringing her own unique personality and style to FLOW classes here at Fitness Stylz.

Other upcoming training seminars include BODYPUMP in Brunswick, Maine (August 8th-10<sup>th</sup>) and

BODYSTEP in Concord, NH (August 9th-10<sup>th</sup>.) If you are very interested in teaching PUMP or STEP, hurry... there still may be time to get you signed up for one of these seminars.

If you need more time, don't worry. Training seminars pop up randomly throughout the year, whenever there are enough instructor recruits signed up to meet the minimum number required by Les Mills.

## Here's the scoop on the ice cream social!



The recent SilverSneakers Ice Cream Social, arranged by Jasmine Castonguay, was a huge hit with members. After YogaStretch, members were encouraged to move closer to self-enlightenment by exploring a Zen Garden of Culinary Delights. (In other words, they had a real blast making and eating ice cream sundaes!)