

Gym Shorts



A Swingin' Good Time - Leslie, Tom and several Fitness Stylz members got into the swing of things for History Night, May 23rd in downtown Livermore Falls, with a special SilverSneakers class set to music from the 1940's and 1950's.



Adult Martial Arts Classes

Adult martial arts classes are now available at Fitness Stylz. Sensei Nathaniel teaches mixed martial arts, a cool blend of techniques from a variety of martial arts styles. Ask at the front counter for more information.



Pam Barker pumped out another year on May 23rd.

Double Trouble

- Leslie Bull and Marilyn Lavin celebrated their May 31st birthdays at Fitness Stylz.



Birthday Boy Chris Guild enjoyed a special cheese, cracker, and fruit plate after BODYPUMP on June 14th.



Fun Cathy received a surprise birthday party on June 18th, complete with cake, cards, and a huge balloon bouquet.

Personal training --

If you are new to fitness or have been out of the game for a while, and you're not quite sure how to reach your goals, a personal trainer will help you develop a fitness and food plan that works. See Jasmine, Chris, or LeeAnna.



"Jenny T" launched into another year on July 12th. She and Leslie attended a Red Sox game and found themselves on NESN's live TV coverage.



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