

Fitness Stylz FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com



AUGUST BIRTHDAYS



- August 2 - Mark O'Shea
- August 4 - Tom Andrews, Rockwood Guild
- August 5 - Jamie Gilbert
- August 6 - Kenneth Bryant, Donald Knight, Lucille Lavoie, Nancy Simonds
- August 8 - Helen Souther
- August 10 - D. Hunter Brett, John Johnson, Marc Paradis
- August 11 - Anne-Marie Cornelio
- August 12 - Jennifer Bjorn, Erica McDonald
- August 14 - Vicki Gordon, Kevin Herault
- August 15 - Ruth Simcock
- August 17 - Penny Laverdiere, James Flagg
- August 27 - Cortany Tinker
- August 28 - Tia Knapp, Michelle Leavitt, Betty Wilson
- August 30 - Tammy Fournier, Randy Gordon

CELEBRATING 40 YEARS!



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WHO'S THAT GUY? You know, the guy over the Chuck Wagon ad to the left. Yeah, THAT guy! The one with all the muscles! Find out in "Gym Shorts" on page 3!

Gym Dandy

by Esby



A year ago, I could hardly lift 10 pounds. But I just picked up 350 pounds of Bar Belles!