

## Fall for Fitness

It's hard to believe summer's coming to an end, especially when it took its sweet time getting here in the first place! Although we'll miss our 'Hot Fun in the Summertime,' here at *Fitness Stylz* we love Fall's ambassador, September, for a special reason: like the birds who fly south for the winter, our members on summer sabbatical will begin migrating home to the *Fitness Stylz* nest. As always, they will find a warm reception from the staff, instructors and fellow members who have missed them very much!

## Launch Newz

The reviews are in, and the August 18 & 19 Launches for BODYCOMBAT #28 and BODYFLOW #33 once again delivered the goods. In case you're new around here, a Launch at *Fitness Stylz* is quite a bit different from a launch at NASA, although many members and instructors are so infused with energy during a Launch that they appear to be injected with rocket fuel! ("Houston to Ken, Joyce and Lynn...")



Every three months, *Les Mills*, the New Zealand-based company that produces BODYPUMP, BODYSTEP, BODYFLOW and BODYCOMBAT, rolls out brand new material for each of their programs. Launches are an awesome way to celebrate the new music and workouts. They're a lot

like a big party, complete with door prizes and refreshments. They also provide an opportunity for members who attend classes on different days to catch up with each other.

Launches are also a great way for members to check out programs they haven't tried yet, since everyone in the studio- even seasoned class members- are experiencing brand new music and choreography. Everyone shares an equal footing on Launch day!

If you look at the bulletin board in the lobby, you'll get an idea of how much fun everyone has. We hope to see you at our next Launch later this fall!



## Bored? Board!!!

If you are on-line, please check out the *Fitness Stylz* message board. Just go to our website ([www.FitnessStylz.com](http://www.FitnessStylz.com)) and click on the word "Message Board" towards the top of our homepage.

As of right now, 43 combined members, instructors and Friends of *Fitness Stylz* are registered. That's great, but we have over 400 members, most of whom are on-line at home or at the office. It's FREE to register, and it's FUN to read and post messages!

If you are currently registered but haven't logged on in a while, people are posting again! There are four growing threads, and we want YOU to help add more.

In the past, the message board has been very active, and members have had fun