

AND BABY MAKES THREE

Hearty congratulations go out to Fitness Stylz instructor Andrea Richards and her husband, Jeremy, on the birth of their son, Cole Jamison! Cole was born on Friday, August 24th, at 4:43 pm. He weighed 7.2 pounds and was 21 and ½ inches long.

Richards plans to resume teaching as soon as possible, and in the meantime is enjoying her new role as Mommy.

"Cole is so cute, and he's just the best baby," Richards said. "He sleeps well and isn't fussy, at least for now. I love him so much. Jeremy and I feel like the luckiest mom and dad in the world!"



WELCOME, COLE JAMISON! — Jeremy and Andrea Richards hold their first child, born August 24th.

CLOSED SEPTEMBER 22!

Fitness Stylz will be closed to all except for key-pass members on Saturday, September 22nd, so that our instructors can attend a special Les Mills seminar in Boston. We apologize for any inconvenience.

DeVaughn is a Delight!



GUEST INSTRUCTOR — Baltimore's "Eddie D" pumped up BODYPUMP classes and demonstrated BODYATTACK to appreciative members. Here, Leslie Bull, Eddie DeVaughn, and Alice Preble cool down after a Thursday BODYPUMP class.

Eddie DeVaughn's visit as a guest instructor here at Fitness Stylz, from August 23rd to August 25th, was a huge success. DeVaughn, who is a Group Fitness Manager at Merritt Clubs in Baltimore, team-taught three BODYPUMP classes and presented members with a BODYATTACK demonstration class. His energy and enthusiasm were contagious, and many members have expressed their desire to have him visit again soon.

Less than an hour after the ATTACK demo on Saturday, August 25th, Fit Newz received this email from member Sarah Fournier, who had participated in the ATTACK class, as well as two of the PUMP classes that Eddie helped teach on Thursday and Saturday:

"I just wanted to shoot you a huge thanks for bringing Eddie to Fitness Stylz. I've been feeling a little less-than-motivated the past week or so, and I think his new energy at the club really re-energized me. Making it through BODYATTACK (and taking most of

the hard options, too) really boosted my confidence in my cardio, but without his ridiculous passion, fire, encouragement, and energy, it might've been impossible (and it certainly wouldn't have been as much fun!). So, thanks!"

The next email in praise of Eddie's BODYATTACK class was from Fitness Stylz member and Cardio Dynamo, Julie Castonguay:

"BODYATTACK is one of the best cardio classes that anyone could ever partake in. Given the right instructor, like Eddie, the class can push even those of us that LOVE to exercise to our limits. It was fun, yet rigorous. I can see the potential for the BODYATTACK class in helping people reach their potential in weight loss and fitness. I think I am still running on my adrenaline release from that class. Hopefully Eddie will come back to demo another BODYATTACK class. It is great for people to try, and even inspirational for people to watch. THANK YOU...EDDIE!!!"

Continued on Page 3