

# DeVaughn is a Delight!

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Member and DaCapo dance instructor Erica McDonald was also impressed:

"I had a blast in Eddie's ATTACK class! The class went by quickly because of Eddie's drive and energy. It was a great opportunity to try a Les Mills program that Fitness Stylz doesn't currently offer. I am looking forward to Eddie's next visit, and the chance to try Les Mills BODYVIVE."

BODYVIVE is another Les Mills program that Eddie intends to demonstrate during his next visit, tentatively scheduled for February.



Another member looking forward to Eddie's return is Jenn Timberlake:

"I was completely blown away by how intense Eddie was about what he was doing, and with what we were doing. His energy level was so magnetic; there wasn't a person in the room who could resist his aura. You could tell he truly enjoys what he does, and he offered so many words of encouragement. His approach was refreshing, and it was so fantastic to share this piece, one of my most favorite pieces, of the world with him. His BODYATTACK class was phenomenal. He offered plenty of options and maintained a contagious sense of energy from start to finish. He was everything that I love so much about the instructors at Fitness Stylz -- he is completely enjoying the people and the moment as it is happening, and he has so much positive energy contained within him. His next visit is eagerly anticipated!"

Several BODYPUMP instructors enjoyed the opportunity to team-teach with Eddie.

"Eddie is amazing," said Alice Preble, who taught with him both Thursday evening and Saturday morn-

ing. "His energy is incredible, and I felt lucky to be able to teach with him twice."

Chris Guild agreed, adding, "I think he's a real Class Act. I'm glad I had the chance to share the stage with him."

Instructor Leslie Bull, who arranged Eddie's visit, is thrilled with how warmly members welcomed and responded to him.

Bull said, "I met Eddie at a Les Mills seminar in Baltimore back in March of 2006. Out of all of the instructors attending that seminar, he was the most enthusiastic, the most charismatic and very simply, the friendliest. I was also impressed with his personal story. Like me, he made a major lifestyle change with BODYPUMP, and we've become good friends.

"With Tom's blessing, I invited him to come visit Fitness Stylz to team-teach and demonstrate BODYATTACK. I am so happy he finally made it, and I am overjoyed that I was able to share Eddie with the rest of the Fitness Stylz family!"

Of course, not all of Eddie's visit was spent at the fitness center.

"I wanted Eddie and his wife, DeShaun, to experience some 'Maine' things," Bull said. "They've never been up North any farther than Connecticut. They stayed at my house, so they got a nice taste of the Maine woods in Temple. My husband, Steve, made sure they got a nice taste of

Maine lobster! We served Eddie and DeShaun some huge hard-shells, and they loved our super-sweet, locally-grown corn. Corn in Maryland didn't do very well this year because of a drought in their region."



Eddie's wife, DeShaun, participates in the BODYATTACK demonstration.

In addition to Maine lobsters and corn, the DeV Vaughns enjoyed Maine red hot dogs, blueberry pie and whoopee pies. They also went shopping in downtown Farmington, and particularly enjoyed the Reny's experience.

When Eddie returns, some members have expressed their desire to give him an even broader Maine experience, including skiing, ice fishing and snowmobiling.

"I'm still on Cloud-9 from my experience at Fitness Stylz," Eddie said in an email to Fit Newz. "I have been telling my classes in Baltimore all



about the amazing Fitness Stylz members! This has been my favorite Les Mills experience so far, and my wife, DeShaun, and I are grateful to every single one of you! Keep up the good work in class, and I hope to see you all again in February."

Eddie welcomes your emails at [eddie.dev Vaughn@wachovia.com](mailto:eddie.dev Vaughn@wachovia.com).