

GYM SHORTS

Linda LeBlanc thanks PUMP!

Member Linda LeBlanc was happy to report the following:

"After three months of BODY-PUMP, I've lost 15 pounds, my cholesterol has dropped from 205 to 153, my 'good' cholesterol is up 10 points, my blood pressure has dropped from 137/82 to 100/60 and my doctor says I've reduced my risk of heart problems by 60%! My doctor is very pleased, and I have more energy and walk straighter."

Trading sticks for kicks

The Livermore Falls Girls Field Hockey team enjoyed special COM-

BAT demonstration classes on Friday, August 28th and Wednesday, August 29th. The classes were arranged by coach and Fitness Stylz member, Amy Richards, and were taught by Tom Roy. Roy notes that special classes are available by appointment for all Les Mills programs. For more information, contact Operations Manager Jasmine Castonguay.



BIRTHDAY BETTY — Leslie Bull, Betty Wilson and Kayla Wilson admire Betty's fruity birthday treat.

Whitewater Rafting Trip

On Sunday, October 7th, interested Fitness Stylz staff and members will be enjoying a whitewater rafting trip on the Dead River.

Jasmine Castonguay, trip organizer, noted, "It will be gorgeous with the fall foliage change. We are going through the same company we used last year, North Country Rivers. We had an awe-



some time last year, and we are requesting the same guide. We are also requesting a sport boat, which supposedly gives the best ride."

The cost is \$98 per person, and a wetsuit is required to protect you from the air temperature, which can be chilly in the Fall. The wetsuit is an additional cost of \$20. This will

be the last big water release of the year, meaning class 6 rapids, so be prepared for the wildest ride ever!!! (Normally the rapids are class 2 or 4.) The deadline for registration is Sept. 15th. Payment in full is required. There is a sign-up sheet at the front desk, and Jasmine will be happy to answer any of your questions. Jasmine@FitnessStylz.com

Heather Roux: off to college!

Heather Roux will be missed around here, but we congratulate her for moving on to college! Heather worked part-time at Fitness Stylz this summer, helping to cover the front desk, taking care of kids in Play Skilz, and contributing to the August edition of Fit Newz.

Heather shared her future plans:

"I am going to Bridgewater State College in Bridgewater, MA, and I am going to study Communications in the hopes of becoming a sports broadcaster/journalist. If you have ever seen Hazel Mae or Tina Cervasio on NESN, they have the type of jobs I would like. I am living in a dorm with two other girls that I have nothing in common with, so that should be a fun challenge. I'm nervous/excited/scared about moving away and not having anybody I'm really familiar with around me, but I plan to come home on as many weekends as possible, especially during football season. I also plan to cheer for the college squad there. The squad is strictly competition, and we get to go to Nationals in Daytona Beach, FL! They don't really cheer at games, only Homecoming and Rival games. I'm really excited to cheer, plus it will keep me in good shape! Not that I won't already have buns of steel - I'm on the fifth floor of my dorm, and I HATE elevators..."

"As for my summer .. I don't think I even had one. It feels like I graduated yesterday! I adored working here at Fitness Stylz, especially with the kids. I love those kids to pieces. They were so much fun! I really hope that I can come back next summer and see how they've all grown up! I'm worried about getting a job when I go down to school, because I know I'll never have a better job than the one I've had here, and I'll be miserable anyplace else! I'll have to come visit on the Saturdays I am home and harass everyone up here!" —Heather Roux

SEPTEMBER SPECIAL

Our 40th Anniversary Celebration Continues
with 10% off the ENTIRE MENU
for all take-out orders!

 **CHUCK WAGON**

Livermore Falls 897-4031

www.chuckwagon-restaurant.com