

## October 20 Launch will be a Costume Party!



**Halloween Launch Fun** — Witches, cowboys, ghosts and goblins will be among the invited guests at the Fitness Stylz launch on October 20th. The debut of new music tracks for Les Mills programs will be followed by a party and dance at the Amvets Hall. Everyone is invited!

### Party Details:

6:00 p.m. at the AmVets Hall in Jay: Mingle, dance and have fun with all your friends from Fitness Stylz! Prizes will be given for the best costumes, and members are encouraged to bring goodies for the refreshments table.

### **Early Bird Sale!**

This is the last major sale of 2007, so don't miss this opportunity to get a jump on New Year's Resolutions or share our amazing programs with friends and family!

#### **1-Year Membership** **299.00 (reg. 456.00)**

*Can be used to extend existing memberships!*

#### **Early Bird Holiday Gift Certificates**

*These gift memberships don't go into effect until the date they are first redeemed.*

#### **3 Mo. Gift Membership:** **99.00 (reg. 129.00)**

#### **6 Mo. Gift Membership:** **179.00 (reg. 249.00)**

#### **1-Year Membership:** **299.00 (reg. 456.00)**

### **Tanning Special!**

**20 Visits, Only 25.00!!!**  
(reg. 42.00 for members, 49.00 for non-members)

**Sale ends Saturday, October 20th, after our Halloween Launch.**

### **Halloween Launch and Party!**

Mark your calendars for Saturday, October 20<sup>th</sup> for our Halloween Launch and after-party!

The fun begins in the morning with the Launch of the latest Les Mills releases, and will continue at 6 p.m. at the AmVets Hall in Jay with a Halloween party and dance. Members and their guests are invited to attend both events, and are encouraged to wear their favorite Halloween costumes. Prizes will be given for the best costumes!

There is a sign-up sheet at the front desk for those who wish to bring refreshments to the party.

### Launch Schedule:

**7:30 a.m. BODYPUMP #63:** Release #63 features alternating strength, power and recovery phases to deliver great training results, with constant contrasts in tempo and range of motion. There is also a brand new lunge technique. *In honor of Halloween, this class will be a*

*Toga Party! Members are encouraged to wear a toga. If you're not sure how to wrap a toga, bring a bed sheet and we will help you!*

**8:45 a.m. BODYSTEP #69:** Release #69 is simple, strong and athletic, with a big focus on lateral movement for strengthening the hips, legs and heart. Check out the new "Running Man" move in track 7!

**9:50 a.m. BODYCOMBAT #33:** Release #33 is fiercely energetic and empowering. Unleash your inner warrior with killer techniques from capoeira, karate, kungfu, Muay Thai and kickboxing. Get ready for the most wicked tricep conditioning track yet!

**11:00 a.m. BODYFLOW #38:** Release #38 takes the program to a different 'space.' Members will enjoy a rich, new combination of moves and poses filled with intensity, focus and power. Super-slow movements in the ab and back tracks will take your core strength to a whole, new level!