

Fitness Stylz **FIT NEWZ**

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. 897-5978. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

**Leave a message...
And cast your vote!**

Right now, just for fun, we are conducting polls on our message board to find out what programs or activities members are enjoying the most. You must be an active member of the message board to cast an official vote, although you can post messages as a 'guest' at www.fitnessstylz.com.

Currently, BODYFLOW is in the lead! If you want your favorite program to win, don't delay... vote today!

OCTOBER BIRTHDAYS



- October 2 - Michele Coates, Kelly Mills
- October 3 - Sarah Flagg
- October 4 - Kathleen Hogan
- October 5 - Sherri Jewell
- October 6 - Kyle Souther
- October 8 - LeeAnna Lavoie
- October 10 - Ryan Souther, Brad Timberlake, Rosemarie Freeman
- October 16 - Patrick Keiran
- October 17 - Robin Purnell
- October 19 - Ann Ramsey
- October 20 - Sherry Hooker, Kelli Gats
- October 21 - Jeff Richards, Robert Salvato
- October 22 - Kenny Pelletier, Ron Leclerc
- October 24 - Tami Winner
- October 25 - Alice Preble
- October 27 - Bert Poisson, Christie Beliveau
- October 29 - Sheri Buck, Debbie Hodges
- October 30 - Charles Riekert, Sue Boothby

Farmington Medical Supply
We're Moving!

On October 8th, we will be opening the door at our **NEW** location, conveniently located at 407 Wilton Road, near Hight Chevrolet.

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Gym Dandy

by Esby



I decorated the studio with bats for Halloween!

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<p>Vickie</p> <ul style="list-style-type: none"> •Cuts •Waxings •Colors •Perms •Facials 	<p>Randy</p> <ul style="list-style-type: none"> •Piercings from head to toe
<p>Laurie</p> <ul style="list-style-type: none"> •Lipdon •Cuts •Colors •Perms •Highlights 	<p>Judi</p> <ul style="list-style-type: none"> •Manicures •Full Sets •Fills •Pinks & Whites •Pedicures

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