

GYM SHORTS



On September 22nd, several Fitness Stylz instructors were at the **Les Mills Quarterly** in Boston. They attended workshops and met some Les Mills 'celebrities' from New Zealand, including BODYCOMBAT program directors Dan Cohen and Rachel Newsham, and BODYFLOW Master Trainer Josef Matthews. They also had the opportunity to take special classes for the new releases of BODYPUMP, BODYFLOW, BODYSTEP and BODYCOMBAT.



Congratulations to **Jasmine Castonguay**! She recently received her official certification as a BODYSTEP instructor, and is currently teaching BODYSTEP on Mondays at 9 a.m.

Blowing out the candles...

Leslie Bull's Mom, **Grace Denison**, celebrated her 70th birthday on September 21st with BODYPUMP and cake! Grace has been taking BODYPUMP classes since the fall of 2004, and has seen huge improvements in her bone density.



Instructor **Andrea Richards** celebrated her birthday on September 12th. Fitness Stylz members treated her to a special cake, gifts and cards.

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