

Andrea says Yes to Les



Our loss is New Zealand's gain: Andrea Richards, former Group Fitness Manager at Fitness Stylz, has accepted a full-time position working for Les Mills Northeast Agency (LMNE). She will be selling to other fitness facilities the programs that have made our club so successful. Luckily for us, Andrea will be working from a locally established office, which means she will still be able to teach BODYCOMBAT, BODYFLOW, BODYSTEP and, very soon, BODYPUMP at Fitness Stylz.

"As GFM, Andrea has been a huge asset to me and to this club in more ways than I could possibly fit in this newsletter! I am deeply grateful to her," said Fitness Stylz owner Tom Roy. "Although I will miss her as GFM, I am very happy she will still be here as an instructor. I know she will be successful in her new career. She is an awesome person who is a joy to work with, and I am delighted for her to receive such a great opportunity!"

Les Mills is an internationally successful, New Zealand-based company ripe with opportunities for personal growth and advancement. Andrea is thrilled with her new career move, but is understandably sad to be leaving her full-time position here. She wanted to share her feelings with all of us in the following open letter:

Dear Friends,
 Most of you now know that I am officially working for Les Mills Northeast agency (LMNE). This is a promotion that I pursued and something that I am very proud of myself for accomplishing. The only down side to my new career move is that I will not get to see all of you everyday.
 For the last 2 ½ years I have been at Fitness Stylz almost everyday and I have enjoyed each day with each new and familiar face it brought.

(Continued on Page 4)

ANDREA MOVES ON, JASMINE MOVES UP — Andrea Richards has accepted a position with Les Mills, though she will stay on as a Fitness Stylz instructor. Meanwhile, Jasmine Castonguay has been named Operations Manager and has already begun her new duties.

Jasmine promoted to Operations Manager

Jasmine Castonguay has been promoted to Operations Manager, a new position developed in the wake of former manager Andrea Richards' departure. In her previous role as Office Assistant, Jasmine demonstrated her stellar ability to keep things organized and get things done, all the while maintaining a cheerful smile and a positive attitude. Armed with these Weapons of Mass Construction, Jasmine will help Fitness Stylz continue to grow and improve to better serve the needs of our wonderful members!

Owner Tom Roy is very pleased to have Jasmine join the management team.

"From 'Day One,' Jasmine has done a fantastic job as Office Assistant. She works hard, she's almost supernaturally organized and efficient, and she really

cares about this club and the happiness of our members."

Jasmine also teaches BODYFLOW and has recently achieved her certification as a personal trainer. She will be helping to manage the SilverSneakers program when it gets underway here in January.

ON THE INSIDE...	
SilverSneakers to Arrive.....	2
Gym Dandy.....	2
November Birthdays.....	2
19 members really take the cake!	
Pam Barker Testimonial.....	3
Our featured "Before & After" story	
Halloween Hay Ride.....	4