

## COSTUME-THEMED LAUNCH WAS LOTS OF FUN!

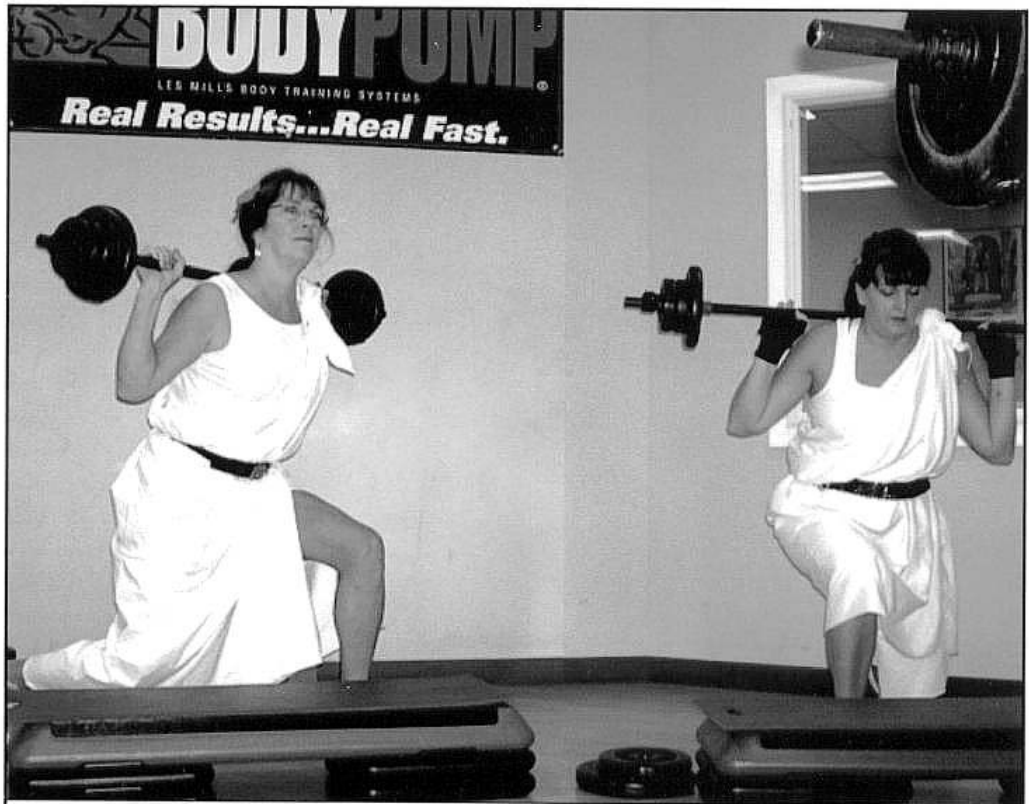
New music, new moves, and new techniques were enjoyed by everyone who participated in the Halloween Launch on Saturday, October 20<sup>th</sup>. All four Les Mills program releases received enthusiastic member reviews.

The festivities began at 7:30 a.m. with a BODYPUMP Toga Party. Class opened with participants dancing to *Shout* by the Isley Brothers, and members who wore togas received a special prize. (A special 'thank you' goes out to Christie Beliveau for showing the instructors a better way to wrap their togas!)

In each class, members were treated to brand new techniques designed to challenge their bodies in fantastic new ways: BODYPUMP introduced a new lunge technique for developing better stability and balance; BODYSTEP had fun with the new 'Running Man' move in Track 7; BODYCOMBAT unleashed a real triceps 'terminator'; And BODYFLOW offered a generous debut of at least ten new moves.

Later that evening, the fun continued at the AMVETS in Jay with the first ever Fitness Stylz Halloween Party. Members showed up in droves wearing fabulous costumes, and the dancing went on until midnight. (Congratulations to Cherie Parker, winner of the Limbo contest!)

"I want to give a huge and heartfelt



**TOGA TITANS TOTE TONS** — Pam Barker and Christie Beliveau donned togas for the costume-themed Les Mills launch on October 20. The event included refreshments, a dance, prizes, and the debut of new BODYCOMBAT, BODYPUMP, BODYSTEP and BODYFLOW releases.

'Thank You' to Honey Pomerleau and Kathy LeClerc for their awesome job with the costume judging and prizes. They really went all out, and even gathered the prizes themselves! I just can't thank them enough," said Tom Roy.

### New Playskillz Schedule!

**Please note:** Starting the week of November 11<sup>th</sup>, Playskillz playroom services are moving to Tuesdays from 4:15 p.m. to 8:00 p.m., and Thursdays from 5:00 p.m. to 8:00 p.m. Playskillz will no longer be available on Mondays and Wednesdays.

### Christmas Party—Dec 1st

The fourth annual Fitness Stylz Christmas party will be held at the AMVETS Hall in Jay on Saturday, December 1<sup>st</sup> at 7 p.m. There will be abundant food, dancing, and a chance for members and staff to celebrate the joy of the season without barbells or sweatbands.

"It's always a great time," said Tom Roy, owner of Fitness Stylz. There will be a sign-up sheet at the front counter for those wishing to bring food.

## CONGRATULATIONS, JOYCE & FAMILY!



BODYSTEP Instructor Joyce Goding (finally!) gave birth to a son, Luke, on October 6th. We all offer our warmest regards to the Goding family: Joyce, Tom, Avery, Emily, and Luke! "Kia Ora," Luke! Welcome to the world!