

Wildcats get a kick out of COMBAT

Columbus Day may have been a day off from school for area students, but for the Wildcats girls soccer team, it was an opportunity to 'Discover their Inner Warriors' during a special BODYCOMBAT demonstration.



The class was presented by instructor Jasmine Castonguay, and many members of the Varsity and Junior Varsity teams participated, including the Varsity coach.

The demo was arranged by Fitness Stylz member Erica McDonald, mother of Wildcat player Morgan McDonald. Erica approached Castonguay about teaching the class because she believes that Castonguay is a strong female role model. Castonguay, who is also the Operations and Group Fitness Manager here at Fitness Stylz, was happy to present the extra class.

"We really love to do these demonstration classes," Castonguay said. "It was a great team-building exercise for the girls. They had a lot of fun. They really worked up a great sweat, and it was wonderful to watch them give each other so

much encouragement."

Castonguay also commended the Varsity coach for participating.

"The fact that he showed up and joined in on his day off really shows his dedication to the team."

The demonstration was followed by a pizza party organized by Morgan's dad, James.

Demonstration classes are available for all of our group fitness programs. If you are interested in a demonstration class for your group, organization or special event, please contact Jasmine Castonguay.

Line-up for a great time!

Fitness Stylz will be hosting a SilverSneakers social on Wednesday, Nov. 7th. Erica McDonald, owner of Da Capo dance studio, will be teaching a special line-dancing class for our SilverSneakers members. The social will start immediately after the SilverSneakers MSROM class. Refreshments will be served, and a sign-up sheet for those wishing to bring refreshments will be located at the front desk.

All Fitness Stylz members are welcome to join in the fun!

Doug McFarland, our new Maine account manager for Healthways, will be joining us. He is hoping to arrange for a local Humana representative to join us to answer any questions. Some Humana insurance plans cover the cost of gym membership for SilverSneakers participants.



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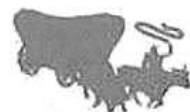
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