

# GYM SHORTS

## Birthday girls celebrate!

Among those celebrating birthdays in October were Alice Preble (below, with cake) and Leeanna Lavoie .



## Off to Arizona!

Snowbirds Dick and Jane Fournier (below, with Tom Roy) headed back to Tuscon for the winter. We'll miss seeing them in class, but they will be back in the summer!



## Halloween Party Costume Winners Roundup

*Judging and Prizes Courtesy of Honey Pomerleau and Kathy LeClerc.*

**Scariest:** Dan Clair as 'The Wolf-man' (*Prize: Tanning Certificate*)  
**Prettiest:** Nancy Clair as a 'Geisha,' shown above, with Dan. (*Prize: Metal Star*)  
**Most Original:** Sue and Bill Biliouris as 'Romans' (*Prize: Hair Cut and Products*)  
**Most Work Involved:** Erin Morrell as 'Plump Woman with Lost Puppy' (*Prize: 1-Month Fitness Stylz Membership*)  
**Hottie:** Tracy Richards as 'Hot Cop' (*Prize: Massage*)  
**Sexiest Male:** Jimmy Flagg as 'Man Convicted for Bad Mullet' (*Prize: Car Wash*)  
**Sexiest Female:** Alexandra Bennett as 'Xena, Warrior Princess' (*Prize: Special Gift*)  
**Ugliest:** Greg Legere as 'Spooky Monster' (*Prize: Large Can of Popcorn*)  
**Funniest:** Debbie Brettun as 'Very Tall Ghost' (*Prize: Album*)  
**Best Couple:** Robert and Christie Beliveau as 'Batman and Batgirl' (*Prize: Box of Candy*)  
**Most Unrecognizable:** Leslie Bull as a 'Man' (*Prize: Bath Products*)  
**Best Group:** Pink Ladies & Tom (*Prize: Lollipops*)



**TOUGH DUDES** — Jim Flagg (left) and Leslie Bull were Halloween Party prize winners.

## Fitness Stylz member Donna Champion to perform in concert at UMF

Member Donna Champion will be performing at UMF's Nordica Auditorium on Saturday, November 17<sup>th</sup> at 7:30 p. m. Champion is a part of *Talisker*, (pictured below) a group of six musicians from the Farmington-Wilton area.



Talisker performs traditional and folk music from England, Scotland and Ireland, using a large assortment of exotic instruments.

Champion sings and plays the accordion. She warmly invites everyone to come and enjoy the concert, and notes that because of the new strength she has gained here at Fitness Stylz, she is able to lift and play her accordion again, something she had dearly missed.

## Heather Denton: success!

"I started coming to Fitness Stylz this year and began taking classes regularly in August. Since the beginning of October, I have been taking Pump 2-3 times per week, Combat and Step 2-3 times per week, and I try to fit in one Flow a week. One of my massage therapy patients commented that I am walking differently and looking trimmer, and my husband said he could see differences too, but I didn't really believe them. However, I found out have lost 10 pounds! This is nowhere near my goal, but for the first time I feel like I can actually get there. So, I still prefer Combat, but all the classes combined got me the results I am looking for.

"Thanks, Leslie, for encouraging me to make the drive from Farmington. It is SO worth it. KYAH!"